



Halloween Fun

For many kids with autism, Halloween night can become stressful and difficult. The night may be sensory overload with the many lights, sounds, and frightful antics of well-intended people. Some children may simply not like the idea of dressing up or seeing other people in creepy costumes.

If you plan on taking your little one out Trick or Treating, make sure to PREPARE AHEAD of time . . .

We offer the following suggestions:



Try on costume to make sure it fits comfortably. Costumes made from scratchy materials feel uncomfortable. Adding in extra tags, layers, and different textures may create sensory overload for your young one. As adorable as they may appear, if your child does not like the costume, do not make them wear it.



Try creating a costume from clothes already in their wardrobe (See some creative costume ideas to the right.)



Talk about what you will be doing ahead of time, so your child knows what to expect.



Visit or walk the neighborhood ahead of time so they may become familiar; practice knocking on doors with a neighbor or friend.



Trick or treat at family and friends' houses so your child may feel more comfortable in environments they are already familiar with.



Going earlier in the afternoon may have less crowds and will probably have less spooky effects.



Be flexible...Know your child's limits and do only what they can handle in that moment.



If your child is non-verbal consider using a bag that says **"Non-Verbal Trick or Treater – Please be Patient."**



Consider participating in a community activity such as a school-sponsored event or neighborhood party where the child may already be comfortable and knows people.



Costume Ideas

- **Charlie Brown:** Yellow collard shirt with black chevron stripe (Use a sharpie or fabric paint). Black shorts, yellow socks & brown shoes.
- **Lumberjack:** Jeans, boots and a flannel shirt make a simple Lumberjack costume. If your child doesn't mind hats, add a hat for an added effect.
- **Sports Player:** Football jersey with black smudge underneath their eyes, or basketball jersey and shorts.
- **DJ:** If your child wears noise cancelling headphones this costume couldn't be easier and more functional. Your child could dress in their everyday clothing, add their noise cancelling headphones and you're all set!
- **Farmer:** Any colored top and jean overalls make this a simple costume to put together. Add a straw hat for an added touch.

**These costume ideas were found on this website:
<https://www.cottontailclothing.com/blogs/news-1/25-easy-costumes-for-children-with-autism-and-or-sensory-processing-disorder>
Check it out for more creative costume ideas!

