



## ***October Monthly Topic:***

# **Halloween Tips**

**Halloween is almost here! This holiday poses some distinct challenges for children with sensory processing challenges. Some children are extremely sensitive to the tactile and auditory input Halloween involves, while other children have “high engines” and need help maintaining a regulated state during the fun.**

### Tips for Sensory Sensitive Kids

- ✓ Allow your child to decorate his pumpkin with stickers or markers.
- ✓ Be sure to try out the whole costume before the big night to allow time for any last minute changes or replacements. A tight-fitting layer of clothing, such as bike shorts or an Under Armour style shirt may make the material of the costume more bearable. Also, be willing to adjust your definition of a costume; a pair of comfortable sweatpants and a favorite Batman shirt can be a great Batman costume.
- ✓ If your child wants to include a mask, but can't tolerate the feeling of it on his face, attach a wooden dowel to the side so he can hold it up near his face.
- ✓ Be flexible. If your child is done after only a few houses, end the night on a positive note rather than pushing him to his limits.

### Tips for “High Engine” Kids

- ✓ Add a few water bottles to your child's candy bag to provide some extra weighted input.
- ✓ Give your child a large piece of gum to chew (if he is already proficient at safe gum chewing) or a sports style water bottle to drink from.
- ✓ Review safety expectations clearly before Trick or Treating. Discuss the importance of staying with the family, walking instead of running and being aware of traffic.
- ✓ If you see your child is starting to become dysregulated, stop and have a sensory break. Do wall pushups against a tree. Have your child press his palms together at chest level. Move away from the crowd and do some deep breathing techniques. Ask your therapist for other ideas that may benefit your child.