

Halloween Tips



Communication is Key: Before you leave for Halloween parties, parades, or other fun events, have a quick family meeting so that your whole family knows how long you plan to stay and how you expect them to behave. Give your child a schedule of events for special activities, particularly on days with lots of transitions. Whether it's a written schedule or one with pictures for younger kids, your child will feel calmer and safer knowing what is coming up. Discuss the schedule regularly and provide info for each event. Have a code word your child can use if he or she feels overwhelmed and needs a break. Honor the code word by removing your child from the stressful situation for a few moments, and discuss coping skills. Again, giving children some control during activities that may be overstimulating will reduce anxiety and enhance the fun.

Eek-o-Friendly Many face paints contain lead, a neurotoxin, and other toxic chemicals. Make your own face paints, glitter gel and more! See <http://www.thesmartmama.com/?s=Halloween> and scroll down the page for easy recipes Halloween masks and store-bought costumes often contain PVC plastic - which is made of chemicals linked to health problems. Making your own costumes is a lot of fun, provides a wonderful learning experience for kids and is much cheaper and healthier!

<http://spoonful.com/halloween/halloween-kids-costumes>

Candy Creations: If you're child's on a restricted diet, bounces off the wall with too much sugar, or just needs to avoid a long stay in the dentist's chair, big batches of high-calorie, high-sugar, hyper-loading sweet stuff can be a crisis. Rather than empty the trick-or-treat bag (or Easter basket, or goody bag) into the trash when the kids aren't looking -- or scarfing it all up yourself -- think about using those highly motivating but highly problematic goodies in a way that can make both you and your child happy.

<http://specialchildren.about.com/od/halloween/tp/usingcandy.htm>

BOOKlist: The wind howls, making dry leaves skitter on a dark night. Creatures race from door to door asking for treats, threatening tricks. It's Halloween! Time for some scary and not-so-spooky tales filled with pumpkins, ghosts, and monsters galore.

http://www.readingrockets.org/articles/books/c1275/?utm_source=Twitter&utm_medium=Hootsuite&utm_campaign=RRSocialMedia

LDA wishes you and your family a safe and spooktacular Halloween!

