



OCTOBER 2020 VOL 2.

# CAREGIVER'S CORNER

BEHAVIORAL FAMILY SOLUTIONS





# Prepare For A Fa-Boo-Lous Halloween!

The spooky season of Halloween is upon us! Everywhere you can see smiling pumpkins, spider webs, and ghostly decorations on home fronts. But for those on the autism spectrum, scary sounds and decorations, tight or scratchy costumes and going out at night can be a lot to handle. Helping your child know what to expect from Halloween can help make it a fun time for everyone! Check out some tips for a spook-tacular Halloween!



# Halloween Costumes

## Do's and Dont's!

When it comes to costumes, the most important thing to consider is how your child feels about them. Many costumes are uncomfortable: they itch, smell weird, restrict movement, and tend to overwhelm those with sensory issues. Because of this, we suggest following your child's lead regarding costumes.

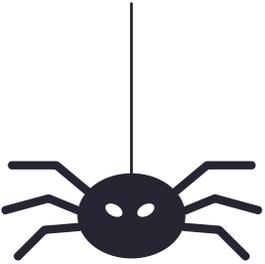
If your child is open to dressing up for Halloween, we offer the following tips:

- Avoid accessories and props that may cause sensory overload. Simplicity is key.
- Allow your child to dress up as their favorite cartoon or game character no matter their age. After all, there's no law which mandates that people have to stop liking Elmo or Thomas the Train after a certain age.
- Have your child practice wearing their costume before Halloween. Doing so will help determine if it's comfortable and fits properly.
- When shopping for costumes, check out the pajama section of the store. There are lots of comfortable pajamas that look like costumes.



# Trick-Or-Treating

## Tips to Prepare!



### Before Halloween:

- Practice all of the steps involved with trick-or-treating, such as:
  - Ringing the doorbell or knocking at the door, waiting outside the door, receiving candy, expressing appreciation, etc.
  - Have friends come over to role play trick-or-treating with your child.
  - Walk through your neighborhood and explain where you'll be going.
  - Reinforce each victory by celebrating with a special treat, small toy, or high-five.

### On Halloween:

- Try to keep the rest of your routine the same as every day/night.
- Start soon after dinner for early trick-or-treat festivities.
- Go with friends that your child loves.
- If your child becomes upset, be prepared to help others remain calm and neutral in an effort to minimize behavioral outbursts.

# Sensory Needs

## What to Bring!



Whether you're going to a party or out trick-or-treating, your child may have sensory needs that will need accommodating.

- Bring along items tailored to your child's sensory diet: noise blocking headphones, ear plugs, weighted vests, comfort items, etc.
- At parties, set aside a private room for your child to safely relax when the crowd and noise become overwhelming.
  - Make sure there are familiar books or other belongings in this area.
- As mentioned above, have your child practice wearing their costume before Halloween to find out if it's uncomfortable and make adjustments accordingly.

## Reminder!

The most important thing about the holidays is being together and giving your child love and security. Your family's holiday experience is unique and you can create your own traditions!



**Non-Speaking Individuals and Adults Can Trick-or-Treat Too! At Behavioral Family Solutions, we feel that all celebrations should be inclusive. However, we know that many non-speaking individuals and adults with autism are often left out of Halloween festivities! Print use these cards below as a tool to help ensure that your child, no matter their age, has a way to communicate that they want to be part of the fun!**



*Happy*  
**HALLOWEEN**

**i HAVE AUTISM.**

**i AM AN OLDER THAN THE  
AVERAGE TRICK-OR-TREATER  
BUT THIS DAY GIVES ME GREAT  
PRACTICE FOR SOCIAL SKILLS &  
HAVING FUN WITH MY FAMILY.**

**THANK YOU FOR UNDERSTANDING  
AND "HAPPY HALLOWEEN"**



HELLO, MY NAME IS

i HAVE AUTISM.

i CANNOT SAY  
"TRICK OR TREAT"  
BUT i'M TRYING.

THANK YOU FOR UNDERSTANDING  
AND "HAPPY HALLOWEEN"