



## Keeping your ghouls and goblins safe on Halloween

Halloween is such an exciting time. With all of the fun costumes and sugary treats, it is easy to forget that there are some potential dangers. So, here are some tips to make sure the evening is full of treats.

### Costume safety

- Make sure passing cars can see your child's costume. Choose a bright, reflective costume. But if your costume is on the darker side, adding strips of reflective tape can be just the trick.
- Avoid costumes that drag the ground or can become easily tangled around your feet. This could cause your child to trip and fall.
- Avoid masks that restrict vision or interfere with breathing.
- Dress for the weather, which may mean adding layers to a costume if the temperature drops.

### Preparing for visitors

- Make sure your outdoor lighting is in good working order. Replace bulbs if necessary.
- Remove any hazards in your yard that may cause a trick-or-treater to fall such as lawn equipment, toys, bikes, or gardening equipment.
- Restrain pets or remove them from the entryway. Visiting goblins can make even friendly pets nervous or frightened.

### Trick-or-treating

- Children should never trick-or-treat alone. An adult should accompany children younger than 12, and older children should travel in groups.
- Preplan the route your children will take so everyone is clear about which homes you will visit.
- Stay on paths and sidewalks. If there are no sidewalks, walk on the left side of the road, facing traffic, so motorists are more likely to see you.
- Ensure each child has a flashlight to help them avoid trips and falls in the dark.
- Avoid unfamiliar animals, especially dogs.
- Avoid houses that are not well lit. Only accept treats at the door. Never enter a stranger's home.

**Source:** David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky; College of Agriculture, Food and Environment

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