

# PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

## Making Halloween Fun And Safe

By Celia Takahashi  
Oahu Coordinator,  
Good Beginnings Alliance

As Halloween approaches and you prepare your child's costume and gather your treats, it's important to balance fun with safety.

Get your Halloween off to a "spooktacular" start by discussing the following safety tips with all children before they leave the house. Begin discussing the safety rules early in the week as repetition helps children with their memory and retention.

### Picking the Right Costume

#### Clothes:

- \* When shopping for a costume, look for flame resistant labels on costumes, masks, and accessories.
- \* Costumes should fit well and should not sweep the floor. Oversized or baggy costumes pose a tripping hazard and may easily catch fire if they brush up against a jack-o-lantern candle.

#### Footwear:

- \* Remember that your child will be doing a lot of walking. Your child's shoes should be sturdy and fit well. While cowboy boots or open toe heels look better with an outfit, these are not the safest. Bring comfortable footwear should your child insist on boots or heels.



### Face Paint

- \* Masks can impair vision and breathing so they are not recommended.

- \* Use face paint to make sure that your child can see and

breathe properly, while having fun on Halloween.

### Accessories

- \* Accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.

### Visibility

- \* Add some reflective tape to your child's costume and trick-or-treat bag so that she is more visible. Reflective tape may be purchased at most sports, craft, or hardware stores.

### Trick-or-Treating Safely

#### Before you head out:

- \* Have your child eat an early dinner before going trick-or-treating. This will reduce the temptation to eat candy before they get home.
- \* Provide your child with a small, child sized, flashlight so she can be seen by others and see where she is walking.

Continued on Page 5

## Making Halloween Fun & Safe

Continued from Page 1

While Out:

\* Remind children that they need to wait until they return home to eat any candy because an adult needs to inspect the treats.

\* Children should always trick-or-treat with an adult.

\* Stay on the sidewalks and follow the safety rules regarding crossing the street (cross at a crosswalk, look both ways when crossing the street, etc.)

\* Do not cut across yards. There may be hidden electrical lines powering yard decorations.

\* Only trick-or-treat at homes that have outside lights on.

\* Remind children to walk at all times.

### When you get home:

\* Inspect all of your child's candy to insure that it has not been tampered with. Make sure each wrapper is sealed properly. Any candy that has an opening should be thrown away.

\* If your child received fruit or home-made goods from someone you do not know and trust, then you should discard it.



\* Remember that Halloween candy is not designed for children under 4 years of age and many items may be choking hazards.

### Trick-or-Treating Alternative

Have a Halloween party where orange and black foods are on the menu!

Foods could include:

- Grilled cheese sandwiches cut into Halloween shapes (i.e. witches, pumpkins, ghosts, etc.)

- Macaroni and Cheese
- Carrot sticks
- Dark colored grapes
- Raisins
- Orange Jell-o
- Cantaloupe
- Orange sherbet
- Orange juice and/or purple grape juice

Children can play with orange and black play dough. Let them use Halloween themed cookie cutters to cut out shapes. Let each child take home a container of play dough and a cookie cutter as a party favor.

When following these tips Halloween can be safe and fun for everyone in the family.



## Child Care for Military Families

*On Active Duty? Deployed?*

*We can help you with special child care referral services and subsidy information for quality child care programs.*

**Contact your local PATCH office today!**