

Making Halloween Fun for Everyone

There are many unique sounds, smells, sensations, and even tastes that come with Halloween. These new sensory experiences and changes in routine can lead to an overwhelming day for children with autism.

Whether you are planning to go trick-or-treating or have your child hand out candy, here are some tips that can help make this time of year a little less stressful:



You can practice having your child wear a costume in advance. Make sure to give lots of praise when they wear it! Bring an extra change of clothes if your child becomes uncomfortable when you're out of the house.



If your child is sensitive to or particular about clothing, it's OK. Costumes can be uncomfortable and different from what they normally wear. Try finding a comfortable Halloween shirt, a hooded sweatshirt with animal ears, or even pumpkin-printed shoelaces instead of a costume!



If your child has food sensitivities, try giving appropriate treats to your neighbors. Ask them to give them to your child when it is time!



If you go trick-or-treating, it can be frustrating for your child when someone tells them to take only 1 piece of candy. You can practice this before you go! Have a bowl of candy and say, "take one!" Give lots of praise when your child follows the direction!



Practice knocking on a door and saying "trick-or-treat!" ahead of time with your child!



If you decide to hand out candy, you may find your doorbell ringing many times! If your child is sensitive to the doorbell, try placing a sign saying "knock" over or near the doorbell.

Leaving your door open may also allow you to see the visitors before they can ring the bell!



Don't forget your child's identification information. If you have a child that has a hard time staying with you when you are in the community, make sure your child is wearing their ID bracelet, carrying an ID card, or wearing an AirTag.



A blue trick-or-treat bucket has become an unofficial tool to spread autism awareness during the Halloween season. The blue bucket can let others know that your child may not say "trick or treat" or "thank you."