



TIPS FOR AN INCLUSIVE HALLOWEEN

Halloween should be fun for everyone, but for kids with disabilities, sensory issues, or allergies, it can be stressful. Here are a few tips to help make Halloween more inclusive for everyone.

TEAL PUMPKIN PROJECT

The Teal Pumpkin Project is an initiative to make Halloween more inclusive for children with food allergies, sensitivities, and other conditions by offering non-food alternatives in addition to candy. Place a teal pumpkin out to signal you are participating and offer fun options like fidget toys or stickers.

DON'T EXPECT A "THANK YOU" OR "TRICK OR TREAT"

Some children may not have the communication skills for this. Demanding a child say these things can create anxiety or stress.

BE UNDERSTANDING IF A CHILD ISN'T WEARING A COSTUME

Costumes can be very challenging for children with sensory issues, but they still want to enjoy the experience of trick or treating. Drawing attention to no costume can create anxiety.

CREATE AN ACCESSIBLE PATH

Make sure the path to get to your candy is well lit and wide enough for a wheelchair, stroller or wagon. Avoid passing out candy in a place that requires stairs.

BE PATIENT AND KIND

Being inclusive begins with being patient, kind, and understanding. Kids all want to enjoy Halloween, understanding that children may have unique needs for a positive experience goes a long way.

