TOP TIPS FOR A HAPPY HALLOWEEN

TIP #1
OVER THE TOP

SENSORY DIFFERENCES MEAN HALLOWEEN COSTUMES CAN BE NOISY, SCRATCHY AND UNCOMFORTABLE FOR SOME AUTISTIC PEOPLE.

INSTEAD, WHY NOT WEAR A COMFORTABLE OUTFIT THAT YOU'RE HAPPY IN, AND THEN ADD THE COSTUME OVER THE TOP.

TIP #2
GO PUBLIC

THERE ARE MANY UNCERTAINTIES ABOUT A NIGHT LIKE HALLOWEEN, WHICH CAN BE TRICKY TO NAVIGATE FOR AUTISTIC PEOPLE.

WHY NOT DECIDE A FEW NON-NEGOTIABLES - AND THEN GO PUBLIC WITH IT. FOR EXAMPLE - IF YOU DON'T WANT UNINVITED VISITORS, WHY NOT PRINT OFF A SIGN AND DISPLAY IT, , OR PLACE A BUCKET OF SWEETS ON YOUR DOORSTEP FOR VISITORS TO HELP THEMSELVES.

TIP #3
PLAY TO YOUR STRENGTHS

HALLOWEEN CAN BE A SENSORY FAIRGROUND - WHICH CAN BE AN ABSOLUTE DELIGHT FOR SOME OF US.

WHY NOT MAKE THE MOST OF THIS OPPORTUNITY AND EXPERIMENT WITH SOME OF THE GAMES AND ELEMENTS OF HALLOWEEN THAT APPEAL TO YOU?



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TIP #4
THINK AHEAD

IF YOUR CHILD IS ANXIOUS, TAKE SOME TIME TO PREPARE THEM FOR THIS WEEKEND'S FESTIVITIES.

WHY NOT USE VISUAL STORIES TO PREPARE THEM, OR DISPLAY A VISUAL COUNTDOWN ON A CALENDAR, SHOWING HOW MANY DAYS ARE LEFT UNTIL HALLOWEEN.

TIP #5
PREPARATION IS KEY

TRANSITIONS CAN CAUSE FEELINGS OF ANXIETY FOR SOME AUTISTIC INDIVIDUALS.

TO HELP CHILDREN UNDERSTAND AND PREPARE FOR WHEN TRICK OR TREATING WILL START AND END, TRY USING A VISUAL PLANNER TO SHOW WHAT IS GOING TO HAPPEN AND IN WHAT ORDER, OR DO A DAYTIME TRIAL RUN - DOING A PRACTICE RUN WILL HELP MAKE THE ROUTE FAMILIAR.

TIP #6
TRICK OR TREAT TIPS

BE PREPARED WHEN OUT TRICK OR TREATING. TAKE A BAG OF SUPPORT TOOLS THAT YOU CAN USE WITH YOUR CHILD SUCH AS EAR DEFENDERS, FIDGETS, A FLASHLIGHT OR A COMFORT TOY

TIP #7
HALLOWEEN ALTERNATIVES

FOR SOME CHILDREN, TRICK OR TREATING WILL BE TOO MUCH AND NOT ENJOYABLE.

INSTEAD HOST YOUR OWN PARTY OR VISIT YOUR FRIENDS / FAMILY MEMBERS HOMES!

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