

HALLOWEEN TIPS

- Buy or make costumes that are light and bright enough to be clearly visible to motorists. For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Remain on well-lit streets and always use the sidewalk.
- Choose safe houses. Children should not enter homes or apartments unless they are accompanied by an adult.
- Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.
- Wet leaves or snow should be swept from sidewalks and steps.
- Restrain pets so they do not unexpectedly jump on or bite a trick-or-treater.
- If older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should be home.
- Consider using non-food treats, such as coloring books and pens or pencil.



IF YOU'RE GIVING A TRICK-OR-TREAT PARTY:

- Provide healthier, low-calorie treats and drinks, including fruit, vegetables and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily does of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o-lanterns and luminaires away from doorsteps, walkways, landings and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

Happy 
Halloween



Employee Assistance Program—800.728.9444