

Trick or Treat, Smell my Feet!!



Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety. Check out these tips to help make the festivities fun and safe for little trick-or-treaters.

- ◆ Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Make sure it is the right size to prevent trips and falls.
- ◆ Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- ◆ Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- ◆ Cross the street at corners, using traffic signals and crosswalks.
- ◆ Put electronic devices down, keep heads up and walk, don't run, across the street.
- ◆ Teach children to make eye contact with drivers before crossing in front of them.
- ◆ Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- ◆ Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
- ◆ Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-or-treat in groups.
- ◆ Drive extra safely on Halloween. Slow down and be especially alert in residential neighborhoods. Children are excited and may move in unpredictable ways.
- ◆ Take extra time to look for kids at intersections, on medians and on curbs.
- ◆ Enter and exit driveways and alleys slowly and carefully.
- ◆ Get rid of any distractions - like your phone - in your car so you can concentrate on the road and your surroundings.
- ◆ Turn your headlights on earlier in the day to spot children from greater distances.
- ◆ Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. Be especially alert for kids during those hours.

