

Halloween Safety

Halloween is such a fun time of the year for both parents and children! It's a fun time to let your child's creativity really shine when choosing a costume and spend time together as a family when out Trick-or-Treating.

It doesn't hurt to practice some extra caution to keep your children safe. According to [Safe Kids Worldwide](#), "on average, twice as many children are killed while walking on Halloween compared to any other day of the year." In addition, kids may get cut from costumes, be burned by decorations, or experience a serious reaction to a treat. To help keep Halloween a night of fun and fright for your family, follow these safety tips:



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Choosing a Costume

When choosing a costume, keep the following features in mind:

- Reflective coating or strips to allow for easier visibility when in a large group or on a busy road
- Aim for flame resistant costumes and accessories
- Look for non-toxic make-up as some can cause chemical irritation on a child's skin
- Avoid props and accessories that could pose safety hazards, such as pointed or sharp objects (examples: wands, swords, knives)

Trick-or-Treating

- Children under the age of 12 should be supervised by an adult when trick-or-treating
- If going without an adult, plan a safe route, set a curfew, and consider a cell phone for easy communication
- Pin a piece of paper with your child's name, address, and phone number to the inside of their costume in case of separation
- Keep a flashlight with extra batteries with someone in the group
- Discuss safety, including not entering a house for a treat or approach a house that is not well lit. Encourage children to stay on the sidewalk and only cross the road at a crosswalk

Treats

- Inspect treats before your child eats any and discard anything that isn't sealed or has torn packaging
- Check all labels and toss any candy that is not clearly labeled with ingredients
- Do not give small children any candy with gum or nuts; also remove any hard candies or treats that contain other possible hazards
- If your child has a history of allergies, make sure the supervising adult knows what to do in case of emergency and carries emergency medication if needed. The adult should be taught how to administer the medication in an emergency.

Halloween is one of the most exciting nights of the year and a great time to make lifelong memories. Make safety a part of your planning and have a ghoulishly good time!

For more on this and other topics, head to www.healthychildren.org. This is a great resource for health tips designed for parents by the American Academy of Pediatrics.

Should a situation arise in which your child needs to be admitted to a hospital, remember that Hendricks Regional Health's dedicated pediatric unit is staffed 24/7 to care for children from birth to 18 years. Learn more at hendricks.org/pediatrics.