

MAKE HALLOWEEN

Sensory-Friendly

★ COMFORTABLE COSTUMES

Create sensory-friendly outfits using soft fabrics and minimal layers.



★ SAFE ROUTE

Choose familiar paths with fewer distractions to reduce sensory overload. Practice walking the route during the day.



★ VISUAL CHECKLIST

Prepare a visual guide of houses to visit and activities to engage in.



★ SET EXPECTATIONS

Set clear expectations for trick-or-treating, as it can be confusing for children who are usually told not to talk to strangers but are encouraged to on Halloween.



★ SENSORY BREAKS

Schedule breaks to help your child recharge in a calm environment.



ALTERNATIVE TREATS

Offer non-candy items, like toys or fidgets, for a sensory-friendly experience.

