



COMFORTABLE COSTUMES



For Our Neurodivergent
Children

Choose a costume
that does not restrict
movement or make
it difficult to walk, sit
or use the bathroom



Avoid masks if
uncomfortable -
use face paint or a
simple hat instead



Let your child try
their costume
before Halloween
so they know how it
feels



Allow your child to
wear comfortable
clothing
underneath their
costume



If traditional
costumes are
uncomfortable, turn
a favorite outfit into
a costume with
simple Halloween
accessories

