



HALLOWEEN TIPS

for families living with
Autism
Spectrum
Disorder



If your child intends to go trick-or-treating, review the steps, practice at home, and set time or house limits.

If your child will wear a costume, try it on beforehand and bring spare clothes in case of discomfort.

Opt for a comfy costume like a themed sweatshirt or hat, and skip face painting and masks.



HAVE FUN!



Pack essential items like a flashlight for safety, earplugs or headphones for noise control, and a comforting toy.

When letting kids eat candy, keep an eye out for dietary restrictions or allergies.

