



10 Safety Tips for Your Kids:

1. **Child Visibility:** When choosing a costume, make sure to find one with bright colors to make sure cars can see you. Also, consider putting reflective tape on either your costume or treat bag for additional visibility.
2. **Skip the Mask:** Some costumes come with a mask to complete the overall look. Masks can impair your vision and can even slide over your eyes if they don't fit well. Consider using costume makeup instead. But before you do, test the makeup on a small area of skin to make sure you aren't allergic. This way you can achieve the same effect without compromising your vision.
3. **Cover Up:** Depending on where you live, Halloween can be a pretty cold night. Feel free to get creative and have fun covering up! Even Tinkerbell had a jacket in the movie: *Secret of the Wings*! Ask your parents to check the weather and dress accordingly.
4. **Fire Precautions:** Some neighbors may have actual flames as part of their Halloween décor. Be careful not to get too close! Have your parents make sure that all wigs, fabrics, and accessories are flame resistant just in case!
5. **Jack-O'-Lanterns:** Carving pumpkins should be saved for adults. Instead, draw a funny face on your pumpkin with a Sharpie and make your parents do all the hard work! Also, consider lighting your jack-o'-lantern with an electric candle instead of a flame for fire safety.
6. **Adult Supervision:** According to safekids.org, children 12 and under must be accompanied by an adult during their trick-or-treating experience. If there is a large group of children trick-or-treating together, there needs to be a balanced ratio of children to adults to ensure safety.
7. **Neighborhood Safety:** Make sure your parents know where you are at all times. If you're old enough to go trick-or-treating by yourself, plan a neighborhood route with your parents and bring a cell phone in case you get lost and a flashlight to keep you on track. Only stop at houses that are lit – this means that they're expecting trick-or-treaters. If your neighbor invites you inside, say no, unless you know them and have your parent's permission. Never accept rides from strangers.
8. **Eat Before You Go:** Eat a healthy dinner before you go trick-or-treating. This will curb your appetite and keep you from snacking on treats before your parents have had a chance to inspect your candy.
9. **Inspect Candy:** Have your parents inspect your candy before you eat any of it. Do not eat anything homemade unless it's from a neighbor your parents know and trust. Also, watch out for candy wrappers that may have been tampered with.
10. **Healthy Eating:** When you come home from trick-or-treating with your "loot," don't eat it all at once. If you ration it, it will last longer and you won't have a tummy ache. Better yet, you don't have to eat it at all. Ask your parents if you can donate it or trade it for a prize instead.