

LIFESTYLE

LESSONS



Halloween Safety for Children

Halloween celebrations can come with a range of fun activities and lead to lasting memories for your children. However, these festivities can also carry serious safety risks. That's why it's important to have precautions in place to protect your kids from the risk of Halloween-related injuries or accidents. Keep reading for an outline of Halloween safety tips for your kids.

Costume Precautions

- Do not let children wear baggy or long costumes, as they are difficult to walk in and can be tripping hazards.
- Purchase wigs, costumes and accessories that are fire-retardant.
- Select face makeup and paint that is labeled as non-toxic and approved by the U.S. Food and Drug Administration to prevent allergic reactions.
- Place reflective tape on your children's costumes and candy buckets if they are going trick-or-treating at night.

Trick-or-Treating Safety

- Remind children to stay on the sidewalk and look both ways before crossing the street.
- Do not allow children under 12 years old to go trick-or-treating by themselves.
- Remind children to never approach or get into a car with a stranger offering them candy.
- Once your children get home, inspect their candy to ensure it's safe to eat.

Pumpkin Carving Tips

- Only carve pumpkins on a flat surface with adequate lighting, such as a kitchen table.
- Use a pumpkin-carving kit that includes tools appropriate for the task.
- Place lit jack-o'-lanterns away from flammable objects, such as sheets and curtains.

Trick-or-Treating in Busy Areas

In addition to these tips, make sure you take extra precautions when your children go trick-or-treating in busy areas. If you live near busy roads, consider only allowing your children to trick-or-treat during the day, or accompany children of all ages to keep them safe among fast-moving motorists.

For additional lifestyle and well-being guidance, contact us today.

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