



How To Make Halloween Enjoyable For Everyone!

Lauren Westergaard, Site Manager, CP Early Education & Care | Suamico

Halloween can be a fun time for costumes, candy, and spooky decorations, however, these things are not always enjoyable for everyone. It can be stressful for some children and families creating challenges on how to celebrate the holiday. Allergies hinder some children from going trick-or-treating. Other children are non-verbal and cannot say, "Trick-or-Treat," or become easily agitated by flashing lights and fog machines. Not everyone is able to go trick-or-treating on Halloween night.



HERE ARE SOME DIFFERENT WAYS TO MAKE HALLOWEEN INCLUSIVE, AND MORE ENJOYABLE FOR EVERYONE!

Allergy Friendly



1. The Teal Pumpkin

With so many different allergies, eating Halloween candy is not an option for everybody. Recently, the Teal Pumpkin Project was created. When you place a teal pumpkin outside your house, it signals to trick-or-treaters that you are passing out non-candy treats. This can be a great alternative for children with allergies and fun for all. Some ideas of non-candy items are bubbles, glow bracelets, stickers, stamps, and bouncy balls.

2. Accessible and inclusive trick-or-treating tips

Overall, the act of trick-or-treating can be challenging. As adults passing out the treats, there are things we can do to make it more inclusive for everyone. It can be difficult for children who may have special needs or issues walking to navigate the rough terrain of a long driveway. Instead, we can place trick-or-treating spots at the end of driveways where they are easily accessible. It is good to keep in mind that not all children are able to speak and say, "Trick-or-treat" when asking for candy. For families, you can find personalized treat bags explaining a child has special needs and is unable to speak.

We can make trick-or-treating more inclusive by taking the time to learn a few American Sign Language signs like, "Happy Halloween" and "Trick-or-Treat." This is a great video teaching multiple phrases about Halloween: <https://bit.ly/3cwM0gx>

3. Alternative celebrations

Trick-or-treating is not ideal for everyone and there are other inclusive ways to celebrate Halloween. Visiting a pumpkin patch can be a fun Halloween activity. You can pick out a pumpkin to carve, take festive photos, and participate in their specific events. At times, it is not ideal to leave the home. Family movie nights with treats can be a great alternative, whether you include Halloween themed movies or books with your families' favorite goodies. Another way to make Halloween more inclusive is to include your child in passing out the treats from your own home. It can be a great feeling to give to others, and for some easier than roaming through the neighborhood.



CP EARLY EDUCATION & CARE

believes that all children, regardless of ability, should experience a typical learning environment as they grow and play together in an inclusive setting.

Children are encouraged to interact with peers, realize potential skills more freely, make new friends and learn about each other.

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