

Helpful Halloween Tips #2



Getting a Costume that Fits

- Before you go out and purchase a costume, consider your child's sensory needs. Some children will be sensitive to fabrics or dislike fussy costumes with lots of pieces, you may want to think through the best options. A costume with wings and bobbing antennae may be too much, but a silly shirt or a handheld prop might be just right.
- Let your child help select a costume. Let them feel the different fabrics on the costume and tell you which ones they like or don't like. Though be prepared that they may agree to one and then later find it uncomfortable.
- Try adapting or making your own costume; attach simple pieces to a preferred regular clothing item e.g. animal ears or a tail to a sweatshirt, black pumpkin face pieces to an orange t-shirt.
- Remember Preparation is Key! - prior to Halloween, provide time for your child to practice wearing their costume. You might start with just one piece at a time. Practice walking and sitting while wearing the costume, so they can get used to the feel and sound that it will make.
- Many children with sensory difficulties can find face paints or masks uncomfortable. Remember to bring baby wipes to remove any paint or allow your child to just hold the mask or skip it altogether.
- Your child may get overwhelmed by their costume. Be prepared to have alternatives or let your child go with absolutely no costume if it is bothering them on the day. If they are wearing a costume to school, make sure it's something they can partially or fully remove so they don't have to go home if they become overwhelmed.
- Never force your child to wear a costume. If they do not want to wear one, that's okay! If your child is not wearing a costume, make sure they know there is nothing wrong with them.

