

# Helpful Halloween Tips #3



## Parties and Games



- Firstly, remember Preparation is Key! - explain in advance what to expect at parties. Consider taking your child to explore the Halloween section of a local shop. Allow them to press buttons to listen to noises and lights, touch and experience different decorations, to see which ones they may like to avoid. If possible, practice party games ahead of time at home.
- If your child finds it difficult to go to parties, consider planning one at home with a few friends. Try to arrive early or at the start of the party before there is a large crowd. The beginning of the party should be less noisy and give your child an opportunity to explore the environment.
- Adapting popular games:
  - Pumpkin carving: Some children enjoy wet or sticky textures but for others it can be uncomfortable and distressing. Instead try decorating a pumpkin with stickers, paint or markers.
  - Bobbing for Apples: Children with tactile sensitivities often don't like water being splashed in their face. Instead, try using kitchen tongs to pick up apples.
- Check with your child's teacher if any games/celebrations will be happening in school and meet to discuss how best to modify the activities so that your child can be comfortable and still be part of it.
- At a party, identify a "safe place" for your child to go to if they need a break; somewhere quiet they can go to avoid a sensory overload. You may wish to bring a comforting & familiar object or fidget to provide some calming input.
- Be prepared that your child may need to be one of the first children to leave, before the sensory experience becomes too intense. Remember that a short, successful outing is always preferable to a longer stay that leads to a "meltdown."

