

# Helpful Halloween Tips #5



## Informing Others



Sometimes it can be difficult for other people to understand your child's differences and behaviour. It can be tough or just tiring to explain to others why your child refuses to wear a costume, can't say 'trick or treat', or over reacts to decorations/noises/lights.

For many parents there is a worry that your child is seen as badly behaved or that it is a poor reflection on your parenting skills, when this is not the case!

Remember the sights, sounds and traditions of Halloween can be overwhelming, there is a lot of information for your child to process and it can be hard for them to understand all that is going on; particularly when what they see seems so real.

Sometimes part of your preparation, is sharing a little information with others and just letting them know what they might see, so that they have a better understanding and can hopefully look past the behaviour.

A simple way to do this is to make little communication cards to hand out.

For Example:

- "Hello & Happy Halloween! Because of my sensory sensitivities I couldn't find a costume that fits, but I still love celebrating and enjoying all the best bits!"
- "Hello & Happy Halloween! For my own special reason, I cannot speak, so this is my way of saying Trick or Treat!"
- "Hello & Happy Halloween! I'm sensitive to noises and lights, Halloween for me has too many frights! I may hide or run, but please be patient as all I want to do is have some fun!"

