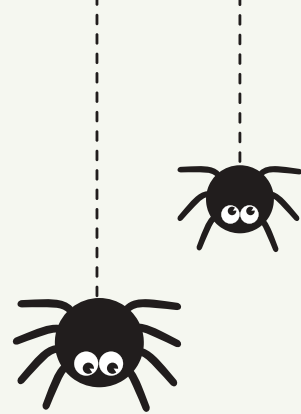


Tips for Halloween for families living with ASD

from Have Dreams



PRACTICE and PREPARE IF YOU DARE!

Practice:

- Practice the trick or treat routine at home with a door
- Walk the neighborhood ahead of time at night so your child sees some of the spooky decorations and sights ahead of time
- Play dress up. Have your child try on their costume and wear it around to see if they are comfortable and if anything needs to be adapted
- Role play scripts or phrases for your child to tell other kids that they like their costume, such as “That costume is scary, how cool!” or “I like your costume!”

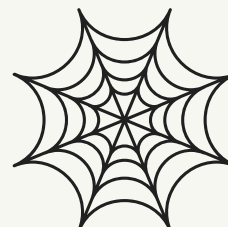


Prepare:

- Plan ahead with your child about how many houses they would like to go to. You can make a visual so they can see how many houses they will be going to and cross them off as they go



- Talk about unexpected things that can happen, such as if no one answers the door, they receive a candy they do not like, crowding at the door
- In case your child gets overwhelmed or scared have a plan to take a break; head to a stop sign or tree to give them a chance to communicate their needs or decide if they are done.
- Consider making a schedule for the night for them to use such as:
 - eat a large snack/dinner
 - go trick or treating to _____ houses
 - come home and put on pajamas
 - sort candy and watch a movie



Practice: Trick or Treating

1.



Ring doorbell

2.



Say "Trick or Treat"

3.



Take 1 piece of candy

4.



Say "Thank you"

5.



Walk to next house