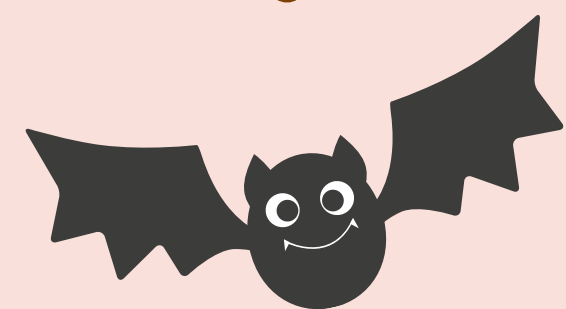


SENSORY-FRIENDLY HALLOWEEN



There are many reasons a child (or adult!) may have sensory differences. This can mean being over- or under-sensitive to stimuli like sights, sounds, smells, tastes, touch, or body awareness.

What's happening?

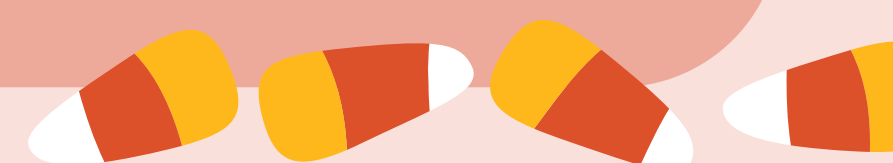
The brain and body may have difficulty organizing and responding to information that comes in through the senses.

What does it look like?

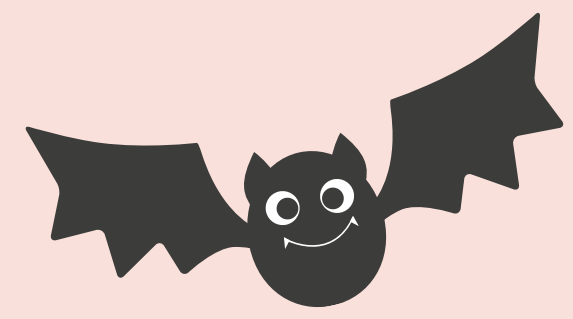
- Chewing on objects/clothing
- Covering ears or eyes
- Bumping into people or objects often
- Spinning or rocking

What can I do?

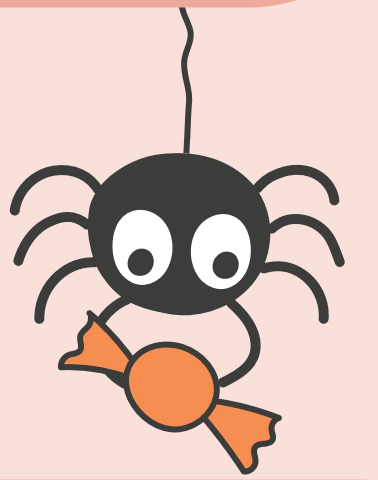
- Reduce demands
- Help the child find what helps them regulate: Weighted blankets, deep pressure (hugs), turn off lights, find a quiet space, spinning/rocking
- Practice these when calm and regulated
- Physical or Occupational Therapy



SENSORY-FRIENDLY HALLOWEEN



How can I make Halloween a fun, comfortable experience for my child with sensory differences?

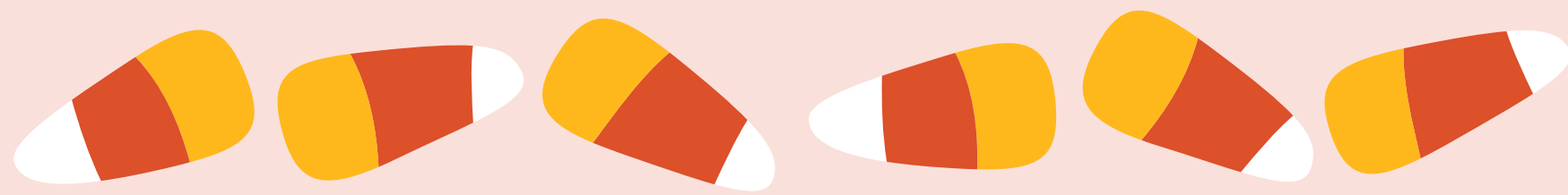


Let them pick their costume!

Think about materials, textures, colors, tightness/looseness.

Bring noise-cancelling headphones.

Be flexible - if it's time to go, it's time to go!



Find sensory-friendly events - like this one at the Children's Museum of Pittsburgh - that offer quieter, softer, more regulated activities with fewer unexpected events.

Get candy or treats ahead of time that you know your child enjoys or is a safe food for them.