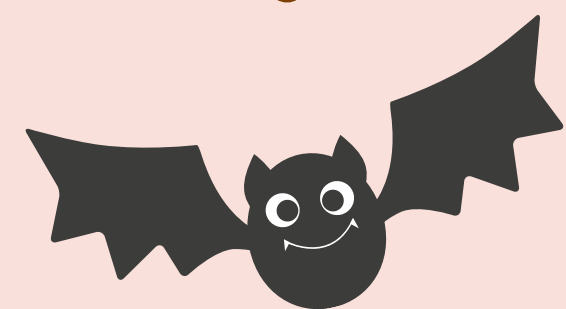


# SENSORY-FRIENDLY HALLOWEEN



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?

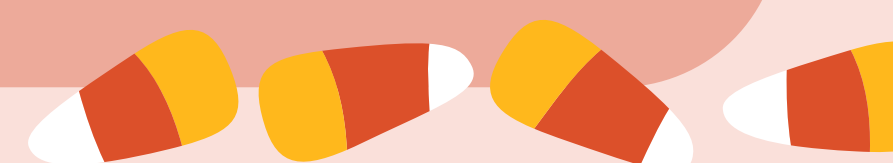
The brain and body may have difficulty organizing and responding to information that comes in through the senses.

## What does it look like?

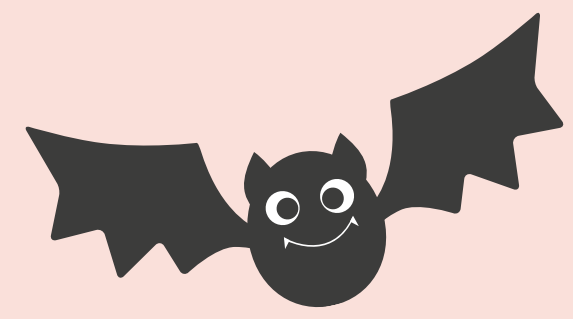
- Chewing on objects/clothing
- Covering ears or eyes
- Bumping into people or objects often
- Spinning or rocking

## What can I do?

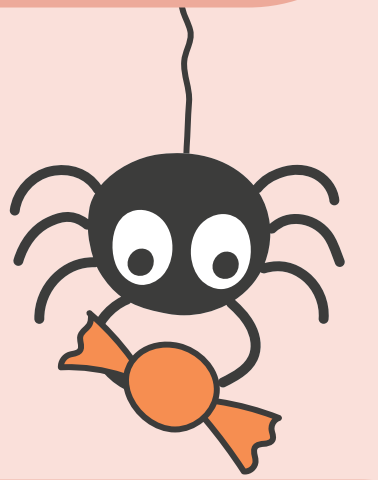
- Reduce demands
- Help the child find what helps them regulate: Weighted blankets, deep pressure (hugs), turn off lights, find a quiet space, spinning/rocking
- Practice these when calm and regulated
- Physical or Occupational Therapy



# SENSORY-FRIENDLY HALLOWEEN



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

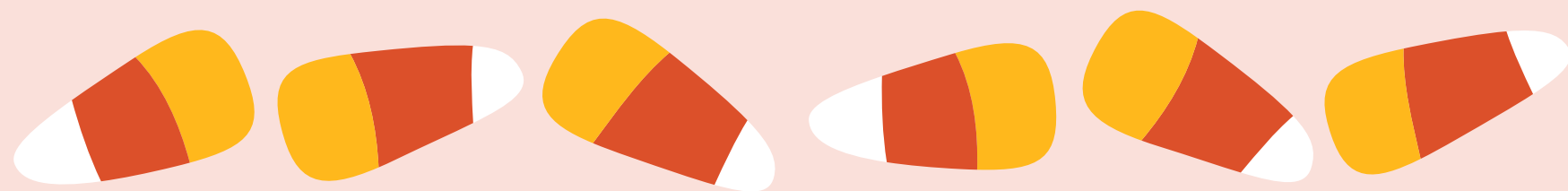


Let them pick their costume!

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.