



Halloween top tips

for autistic children and adults

- Find a simple non scratchy costume (remember to remove labels).
- Avoid masks, instead use sensory flashing wands which help with distraction.
- Practice 'Trick or Treat' before the event.
- Make a map of the houses you will visit, then let the adult or child cross them off as they collect their treats. This does mean a pre-visit by the accompanying person, making sure people will be in.
- If your child or adult has dietary requirements, you can pre-warn and supply your own sweets, stickers or small toys.
- Not every house you visit will know which child has autism, children dressed up, end up looking the same in the dark. So you can hand them one of our cards when they answer the door. The cards are downloadable from the Downloadable Resources page on our website:

autism-anglia.org.uk/downloadable-resources

