

Chamberlain Studios of Self Defense™

3-STEPS TO A GREAT KIDSM

CHILD SAFETY TOPIC – HALLOWEEN SAFETY

Fall is here at last and that means Halloween is right around the corner. Keeping your kids safe during this time is especially important, since so many people are out on the streets and crossing through busy neighborhoods. According to the U.S. Centers for Disease Control, four times as many children ages 5-14 are killed while walking on Halloween evening as compared to any other night of the year.

By following a few simple guidelines it's possible to keep Halloween a safe and enjoyable holiday for everyone concerned. Many Halloween related injuries can be avoided if parents closely supervise their children and take the time to talk to them about safety before they go trick-or-treating. The following guidelines are recommendations taken from such places as the American Academy of Pediatrics, the National Fire Protection Association, the U.S. Food and Drug Administration, and others.



HALLOWEEN SAFETY TIPS FOR KIDS:

- Only trick-or-treat at the homes of friends or neighbors.
- Walk on the sidewalks, and only cross at walkways or away from busy traffic.
- Look both ways before crossing and go as a group. Walk, don't run. Face into the traffic so that you can see the cars coming. Don't hide behind cars, or jump out from behind them!
- Don't ride a bike or skateboard, since you can get tangled up.
- Carry a flashlight with new batteries.
- Go with a group of friends.
- Take off your mask while you go between houses.
- Stop at the houses with their lights on, and walk carefully.
- Accept treats only in the doorways, and don't go into any houses.
- Refuse offers for a ride from strangers, or news of a shortcut or extra candy.
- Be careful around animals and strangers.
- Don't eat the candy until you get home and Mom and Dad check through it.
- Don't eat unwrapped candy, fruit, cookies or anything else...take it home or throw it away. (No, not in their yard, in a trash bin or take it home and throw it away).
- Don't eat all your candy that night. Save it and spread it out. (I got one piece a week until it was all gone, which was usually sometime the following summer!)
- **ALWAYS** say **THANK YOU**, or next year the porch light may not be on!



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HALLOWEEN SAFETY TIPS FOR PARENTS:

- Make sure your kids have a full healthy meal before they leave. They will be less likely to gorge themselves on candy before they get home.
- Make sure the kids have a cell phone or money for a phone call to reach you in an emergency.
- Small kids should always be with an adult; children under 10 should be with an adult or older sibling.
- Make sure you know where your kids are going if you are not with them.
- Hazards for small children under four include: hard candies; small or loose treats like peanuts and jelly beans that can pose a choking hazard; and toys with small parts that can break off.



HALLOWEEN SAFETY TIPS FOR COSTUMES:

- When choosing costumes, pick those that are flame retardant.
- Costumes should be short enough so that kids don't trip and fall. This is the most common injury on Halloween.
- Carry only flexible swords, knives, stars, etc.
- As exciting as their black Karate uniform is, it's not safe to go trick-or-treating in unless it is modified with reflective tape **everywhere!** They actually look pretty good!
- Add reflective tape to other costumes as well.
- If you are wearing a mask, make sure the eyeholes are big enough to see through safely. Avoid hats and scarves that block your vision.
- Consider using face paint instead of a mask to improve visibility. Remember...no using that can of house paint in the garage, only safe non-toxic paints on the skin.
- Wear comfortable shoes, even if they don't match the costume.
- Carry a white bag or use reflective tape on one for easy spotting.



HALLOWEEN SAFETY TIPS FOR OLDER KIDS:

- Make sure your kids know what time they should be home and that you expect them home on time.
- Make sure your kids can reach you. Make sure they have a cell phone or money for a phone call and know where you are.
- Have them trick-or-treat in a group.
- Consider a Halloween party instead of an all night, or late night, trick-or-treat.

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HALLOWEEN SAFETY TIPS FOR HOMEOWNERS:

- Keep your yard well lit if you plan on passing out treats. Turn off your lights if you don't want to be disturbed to discourage the kids.
- If you have a lit Jack o' lantern, keep it away from anything flammable and out of the path of trick-or-treaters, so that the kids don't catch on fire.
- Make sure that your yard is clear of sprinklers, hoses, ladders and flowerpots that can trip kids.
- Healthy food alternatives include: crackers and cheese; boxed raisins; fruit rolls and microwave popcorn.



HALLOWEEN SAFETY TIPS FOR DRIVERS:

- Drive slowly with caution, and look for the trick-or-treaters all evening.
- Adult Halloween parties should pick and reward a designated driver.

Parents should review these Halloween safety tips with their kids before they go out to haunt the neighborhood. These guidelines can help to keep Halloween a fun and safe time for everyone involved.



The instructors at

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