



HALLOWEEN FUN FOR EVERYONE



Halloween is all about spooky fun, but for kids with allergies, it can be a bit more complicated. With a few simple tweaks, we can help make sure all the little ghouls and ghosts have a blast.

Here are some easy ways to keep things safe and fun for everyone:

- **Have a variety of treats:** Along with your usual sweets, why not add some allergy-friendly treats or non-food goodies like toys, stickers, or glow sticks?
- **Check those labels:** When picking up sweets, try to look for options with clear labels so parents can quickly spot any allergens. Wrapped treats are great since families can double-check them at home.
- **Keep treats separate:** If you've got allergy-friendly options, pop them in a separate bowl or bag. It's a small step, but it helps make sure everyone can enjoy Halloween safely.
- **Spooky fun beyond sweets:** Halloween is more than just treats! Consider adding some extra fun with spooky decorations, costumes, or games. It's a great way for everyone to get in on the fun without focusing too much on food.
- **Offer choices:** When the trick-or-treaters come by, let them pick between sweets or a fun non-food item. It's a simple way to make sure all the kids leave with something they'll love!
- **Spread awareness:** This is also a great chance to chat with your kids about how some of their friends might have allergies and why it's important to help make Halloween fun for everyone.





HALLOWEEN FUN

TOP TIPS



And if your child has allergies:

- **It's not just about the food:** Build excitement around Halloween toys and dressing up, so it's not just focused on sweets and snacks.
- **Manage expectations:** Explain to your child that whilst many sweets might be okay, not all the treats will be suitable or safe.
- **Encourage good choices:** Ask your child to choose wrapped treats, so you can check the labels and ingredients later at home.
- **Have a secret stash:** Buy your own safe treats to avoid disappointment if there aren't many suitable foods for your child.
- **Be prepared:** You might want to speak to friends and neighbours before you set off to ask if they could have some allergy-friendly treats or non-food treats ready. You could even drop your own safe treats off beforehand.
- **Always carry 2:** Remember to carry wipes and medication (including two AAls if prescribed) while you're out and about.
- **Ask the "Switch Witch" to cast a spell!** In other words, when you return home, ask your child to leave the sweets they collected trick-or-treating outside their bedroom door and then exchange them for a toy or allergy-friendly treats by morning.
- **Have fun!!**

