

# LIFESTYLE LESSONS

Provided by: Huckaby & Associates

## Celebrate Safely

Do you remember how much fun it was to get dressed up as your favorite action hero, cartoon character or princess and go door to door for Halloween treats? Well, your children can now experience that same joy. Just as your parents did for you, now it's your turn to prevent Halloween accidents and injuries by supervising your children closely. Here are some safety tips to help you out.

## HAVE A SPOOKY, SAFE HALLOWEEN

### Costume Precautions

- Do not let children wear baggy or long costumes, as they are difficult to walk in and can be tripping hazards.
- Purchase wigs, costumes and accessories that are fire-retardant.
- Select face makeup and paint that is labeled as "FDA Approved" or "Non-toxic" to prevent allergic reactions.
- Place reflective tape on your children's costumes and candy buckets if they are going trick-or-treating at night.

### Trick-or-Treating Safety

- Remind children to walk only on the sidewalk and look both ways before crossing the street.

- Do not allow children under 12 years old to go trick-or-treating by themselves.
- Remind children to never approach or get into a car with a stranger offering them candy.
- Once your children get home, inspect their candy.

### Pumpkin Carving Tips

- Only carve pumpkins on a flat surface with good lighting, such as a kitchen table.
- Use a pumpkin-carving kit that includes tools appropriate for the task.
- Place lit jack-o'-lanterns away from flammable objects such as sheets and curtains.

### Safety Hints

If you live near busy roads, consider only allowing your children to trick-or-treat during the day, or accompany children of all ages to keep them safe among fast-moving motorists.

### Huckaby & Associates

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