

# Carlton Cards Safety Tips and Tricks for Halloween

  
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Trick-or-Treating is one of the most exciting parts of Halloween for kids. Everything about the occasion is fun and festive--getting to dress up, seeing everyone's costumes, and best of all—all that candy! With the kids focused so intently on the fun of the holiday, it's important for parents (or any adults overseeing the night's activities) to take a few precautionary measures to make sure everyone is safe and sound. Be sure that these items are checked off on your safety list:

**Always be with an Adult:** Children who are going out trick-or-treating should always be in the presence of a responsible adult. Even if you know your neighbourhood well, it's very important to have an adult join the children while trick-or-treating. Taking this simple step will alleviate your concerns and ensure a good time is had by all.

**Bring a Flash Light:** Most of the time, the street and house lights are often not bright enough to illuminate all of those excited and costumed kids. No worries, there's a simple solution: just bring along a flash light or two. Give small ones to your children or even give them glow sticks or glow jewelry to wear. Kids love the glow stick option and the bonus is that they make them more visible to other people and traffic.

**Check the Treats:** Always, always, always check your children's candy haul—for a number of reasons. Remove any candy that appears that it may have been tampered with, and be careful to check for anything that may be a choking risk for the smallest trick-or-treaters. You should also keep an eye out for any ingredients that could cause a reaction due to food allergies your children may have. This process doesn't have to be too serious though...it's also a great time for your kids to enjoy taking inventory of their haul, making some trades with friends or siblings, or (if you're lucky) sharing with you!

**Map it out:** It's always a smart idea to map out your trick-or-treating game plan before you head out. Taking this quick step will ensure that the trick-or-treaters and those staying behind to hand out the candy will have a general idea where everyone is. Avoid short-cuts through backyards or fields. While it may take a little longer, it's safer, offers a bit more exercise (never a bad thing considering the feast that will likely be occurring soon after) and is respectful to neighbours.



**Make it Fit:** Don't forget to be sure that your children's costumes fit appropriately. Big bulky masks, heavy accessories, and garments that drag on the ground might just result in your little ghouel taking a tumble or brushing too close to a lit pumpkin.

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