PIERPOINTE Press

TRICK OR TREAT EDITION ✱ MONTHLY ASD ADVICE ✱ OCTOBER 2026

WELCOME TO THE OFFICIAL PIERPOINTE® NEWSLETTER!



WELCOME TO OUR OCTOBER NEWSLETTER!

Each month, our team shares updates, behavior strategies, clinical insights, and practical tips to support our learners and their families.

This month is all about Halloween.
Costumes, decorations, and trick-or-treating can be exciting, but they can also bring new sights, sounds, and routines that feel overwhelming. Below are our team's favorite tips for helping your child stay safe, comfortable, and confident this Halloween.

This newsletter is provided by PIERPOINTE® for general educational and informational purposes only. It is not intended to replace individualized clinical assessment, treatment recommendations, medical advice, or direct professional supervision. Every child and family has unique needs, and the strategies discussed may not be appropriate for every individual. Families are encouraged to consult qualified healthcare or clinical providers before implementing individualized behavioral strategies.

References to external resources do not constitute endorsement by PIERPOINTE®

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HALLOWEEN TIPS AND TRICKS

To Keep Your Kids Safe

I - Have a Halloween Dress Rehearsal

A costume can feel very different from everyday clothes. The fabric may feel itchy or scratchy, and the fit may feel too loose or too tight. Masks, hats, and face paint can add even more new sensations.

- Let your child try on the costume a few times before Halloween, starting with short periods and building up. The idea behind practicing is not to force your child to wear their costume or build a tolerance, it is to make sure your child feels comfortable and confident for the big day.

- Practice at home first, then try a short walk around the house or yard in costume.

- If something bothers your child, it should be altered with the priority being your child's comfort. A soft layer underneath, removing a tag, or skipping the mask or costume entirely are all great options.

- Have a comfortable backup outfit ready, just in case.



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II - Decorations Around the Neighborhood

Some decorations can look scary or spooky, especially ones that light up, move, or make noise.

Remind your child that decorations are just for fun and are not real.

- Acknowledge your child's fear and remember that they may not perceive and process sensory stimuli in the same way you do, so lights and decorations may be a big trigger for them.

- Take a daytime walk past decorated homes so your child can see them in a calmer setting before Halloween night.

- Plan your route ahead of time to avoid homes with very intense displays.

- For more ideas, see this helpful resource:
  - 6 Ways to Calm Kids' Nerves About Halloween



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III - Trick-or-Treating Safety

While Trick-or-Treating can be the highlight of Halloween for some children, it can be a challenge for kids and teens on the Spectrum.

Always remember:
it is for them to enjoy, so even if they decide to keep it short, it is very important to respect their choice to make this experience a good time.

- Go early.

Head out while there is still some daylight. It is often calmer and less crowded.

- Bring ID.

If your child is non-verbal, make sure they have identification on them that night, such as an ID card, bracelet, or tag with your contact information.

- Light up.

Use glow sticks or reflective tape so you and your child are easy to spot.

- Snap a photo.

Take a picture of your child in their costume at the start of the night. If your child becomes separated from you, you will have a current photo to show.

- Keep it short.

A few houses can be a big success. It is okay to stop whenever your child is ready.

  - If you are with neurotypical children and multiple adults, and they want to keep going when your child is done, then finding a nice safe space (in the car, or home if in the neighborhood, ALWAYS with adult supervision) for your autistic child can be the way to go!

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IV - Practice Trick-or-Treating Ahead of Time

While Trick-or-Treating can be the highlight of Halloween for some children, it can be a challenge for kids and teens on the Spectrum.
Letting them get used to the big day in advance can tremendously help your child be ready for the day!

- Use social stories.

Social stories can help explain new events and experiences step by step, so your child knows what to expect. Walk through each part: putting on the costume, walking to a door, knocking or ringing the bell, taking a treat, and saying or signing "thank you."

- Role-play at home.

Take turns being the trick-or-treater and the neighbor at your own front door.

- Support non-verbal children.

Practice what your child will do at each door. A small card or sign that says your child is non-verbal and may not say "Trick or Treat" can help neighbors understand.

- Show them different scenarios.

Maybe they will get toys, not candy at some houses, or sometimes they will not have the kind of candies your child likes. They need to know that these situations happen!

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V - Halloween Buckets & Autism Awareness

Some families choose a blue Halloween candy bucket to help raise awareness for trick-or-treaters with autism.

A blue bucket can signal to neighbors that a child may communicate differently or may not say "Trick or Treat."

Don't forget, not everybody is educated on Autism and the challenges it can create for your child. You are your child's biggest advocate, and it could make it safer and more comfortable for your child to make your family and friends aware of any special accommodations required.

THE BLUE BUCKET HAS NOT BEEN OFFICIALLY RECOGNIZED AS AN AUTISM AWARENESS SIGN, BUT IT IS VERY COMMON AROUND THE COMMUNITY.

VI - Most Importantly, Celebrate Your Child!

Halloween is the perfect occasion to celebrate your kids and the things they love!

However your family chooses to celebrate, whether that is trick-or-treating, a movie night, or handing out candy from home, every child deserves to enjoy the fun in their own way.



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VII - Helpful Resources

Want to learn more? These resources offer additional tips for a safe and happy Halloween:

- Halloween video resource (YouTube)
- Halloween Tips for Your Child with Autism Spectrum Disorder (CHOC Health)
- 6 Ways to Calm Kids' Nerves About Halloween (CHOC Health)
- Halloween Safety Tips (Children's ABA)

VIII - A Note from the PIERPOINTE® Team

If you would like help preparing your child for Halloween, please reach out to your child's BCBA or therapy team. We are happy to help create a social story, practice trick-or-treating during sessions, or build a plan that fits your child's needs and programming.

From all of us at PIERPOINTE®, we wish your family a safe, fun, and Happy Halloween!

