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Sensory-Friendly Halloween Guide for Kids with Autism



Use visuals: Use a picture schedule or first/then board (get dressed → walk to 2 houses → home for 2 pieces of candy).



Choose comfortable costumes: Skip masks and scratchy fabrics. Choose soft clothing or layer soft clothing underneath.



Use communication cards: If your child prefers not to say “Trick or Treat,” use a communication card.



Practice trick-or-treating: Role-play Trick-or-Treating at home or with a trusted neighbor.



Start early: Head out at dusk when crowds and noise are lighter.



Keep it short and plan ahead with neighbors: Just 1-2 familiar neighbors can make for a successful night.



Pack a calm kit: Bring noise-canceling headphones, a fidget toy, and sunglasses.



Dietary needs: Carry a safe snack bag if needed. If candy isn't a good option, try a candy swap at home - trade collected candy for a toy, book, or preferred treat.



Safety & wandering: Use reflective items and an ID bracelet with your phone number. If your child tends to wander, try a wrist link and bring a stroller or wagon for a quicker way home.



Fun at home: If Trick-or-Treating is not in the cards, that's okay - try pumpkin decorating, glow stick games, or a family Halloween movie night.



Did you know? If you're enrolled in ABA services with Behavior Frontiers, your Behavior Technician (BT) can accompany your child during trick-or-treating for extra support. Ask your scheduler to plan a Halloween session today!

➔ **Flip for a step-by-step Halloween Night Checklist for the big day!**



In-Network with Most Major Insurance Plans.

Ready to help your child achieve meaningful progress?

Call us at 888.922.2843 or visit www.behaviorfrontiers.com to learn more.



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Autism Halloween Night Trick-or-Treating Checklist

Few Days Before:

- ☐ **Plan your approach:** Decide together if you'll trick-or-treat, hand out candy, or simply celebrate at home.
- ☐ **Practice & preview:** Role-play at home or with trusted neighbors and walk the route in daylight.
- ☐ **Prep costume comfort:** Choose soft layers or character pajamas and do a short "wear test."
- ☐ **Prep calm kit:** Headphones, fidget, sunglasses, water, wipes, etc.
- ☐ **Prep visibility & ID:** Reflective tape, glow items, ID bracelet/tag.
- ☐ **Set safety plan:** Pick a buddy (i.e. sibling or trusted adult) and an "end signal" (hand squeezes).
- ☐ **If enrolled in ABA with Behavior Frontiers:** Call your scheduler to set up practice sessions and hands-on BT support on Halloween night.

On Halloween Day:

- ☐ **Keep the rest of the day predictable** and review visual supports.
- ☐ **Final check:** Calm kit, communication cards, ID bracelet, phone charged, buddy ready.
- ☐ **Bathroom break!**
- ☐ **Begin before dark:** Start walking the route early to avoid larger crowds.
- ☐ **Start small:** Walk route and visit houses as practiced. Continue if child is comfortable.
- ☐ **Avoid sensory overload houses:** Skip homes with fog machines, strobe lights, loud or moving decor.
- ☐ **Take breaks if needed:** Check in frequently and use calm kit if needed.
- ☐ **End smoothly:** Count down the last few stops (last stop before heading home!).
- ☐ **Support gently:** Use visuals, model greetings, and celebrate every attempt.

At Home:

- ☐ **Celebrate wins:** Praise every success, no matter how small.
- ☐ **Sort treats together:** Create a safe stash or swap candy for a toy.
- ☐ **Wind-down routine:** With a cozy activity and regular bedtime steps.



Let us know how we can support you!

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