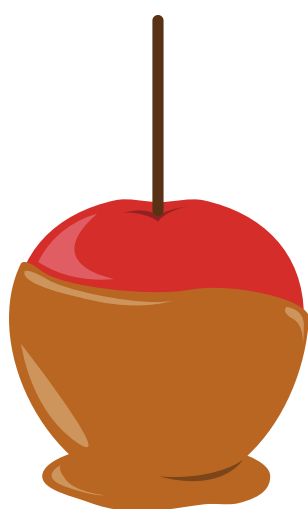


# Red Robin Therapy's sensory guide



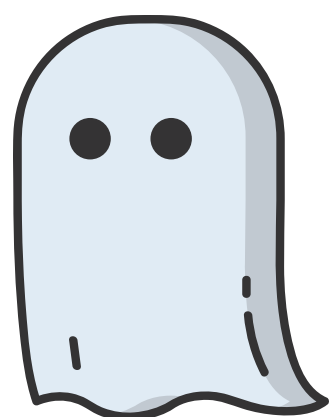
## to enjoying Halloween



### THE SENSORY CHALLENGES

Halloween presents a change of routine - no school, parties, fireworks, dressing up and lots of sweets. These may cause additional anxiety and/or sensory challenges for many children.

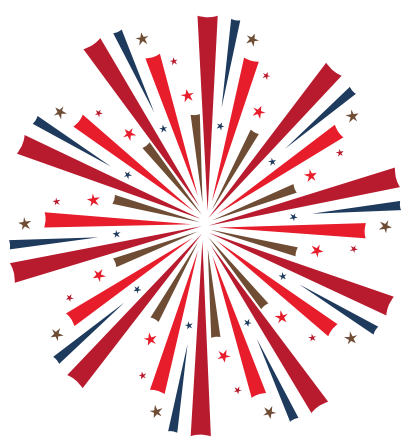
Where possible, explain well in advance what is likely to happen and who may be there. Use pictures or objects to help your child understand.



### PRACTICE

Try on fancy dress outfits before your child actually needs to wear them, and practice with face paints to check your child can cope with the sensation.

This will allow you to identify any discomfort before the party, and make any changes to their costume so they can enjoy their party more easily. If they dislike their whole face painted, they may cope with a small design on their cheek, forehead or back of their hand.



### PREPARE FOR NOISE

Halloween can be noisy, especially if there are fireworks or large crowds. Keep ear defenders ready in case your child needs them, stay further away, or if they are able, teach them a way to let you know they need to leave if it gets too much for them. This may be a word, an object such as a help token. Otherwise, you may need to monitor their behaviour and reactions closely.



### SENSORY OPPORTUNITIES

While Halloween can represent challenges, it also offers loads of opportunities for different tactile, visual, oral and auditory sensory experiences - carving a pumpkin, ducking for apples, eating toffee apples, trying face paint etc.

With preparation, many children feel less anxious and are able to cope without difficulty. For others, it may take a bit longer, but even one new experience represents success!

Happy Halloween from Red Robin Therapy!

