

Live Healthy Georgia
Seniors Taking Charge
Safe Trick-or-Treating for Seniors
October 2011 Newsletter
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Tricks and Treats

October 31st is a night for ghouls, ghosts, and goblins. However, these creatures are not the only scary part of Halloween celebrations. As nearly 41 million children between the ages of 5-14 head out to collect candy and other goodies, here are some tips to keep them – and yourself – safe this Halloween.

Treats – To Do and Not to Do

- ❖ Homemade cookies and candy apples seem like a pleasant change from the usual store-bought candy. However, it's difficult to be sure that the items remain safe to eat until they arrive home. Parents will appreciate store-bought goodies that are handed out in the original packaging so that they don't have to worry about where the items came from.
- ❖ Have a variety of treats available for little ghosts of all ages. Small, hard candies are a choking hazard for young children.



More “Treat” Ideas

- ❖ Consider handing out school supplies instead of candy. Small boxes of crayons, pencils, large erasers, and other items are useful for children and help parents who don't want their children to have too much sugar.
- ❖ Another “sweet alternative” is lip balm or chapstick – children will need these items with cool, dry air on the way.





Safety While Trick-or-Treating

If you're taking your grandchildren out on Halloween, follow these simple tips to keep them safe!

Safety at Your House

- ❖ Welcome trick-or-treaters by turning on your porch light or any other outside lights.
 - ❖ Clear pathways on your porch and walkway to avoid trips and falls.
 - ❖ Do not overload electrical outlets with holiday lighting and special effects.
 - ❖ Consider using electrical candles or lights instead of real candles, which are a fire hazard.
 - ❖ Do not use dry ice as a special effect – it's dangerous if eaten.
 - ❖ Do not encourage trick-or-treaters to come inside your house.
 - ❖ Turn off your porch light for at least two hours when trick-or-treating is over to discourage late-night visitors.
- ❖ Only permit trick-or-treating at the homes of people you know.
 - ❖ Carry flashlights or light sticks.
 - ❖ Consider using reflective tape on costumes.
 - ❖ Try to trick-or-treat in groups.
 - ❖ Stay in well-lighted areas.
 - ❖ Check your grandchild's candy when you return. Throw away any open packages or homemade goodies from people you don't know.
 - ❖ If you think that your grandchild has eaten something that made them sick, call 911 or the Poison Control Center (1-800-222-1222)

For more information, see the following web sites:

[Prince William County Police Halloween Safety Tips](#)

[Home Safety Council Halloween Safety Tips](#)

[Claiborne Parish Sheriff's Office Halloween Safety Tips](#)