



## Peter Pumpkin's Way To Have A "Hair-Raising" Halloween for ...

**G**o trick-or-treating with a grown up, older brother or sister, or a big group.

**H**ave parents look at goodies before you eat any of them.

**O**nly visit people you know.

**S**how respect for other people's property.

**T**ake your mask off when you cross the street.

**S**tay on well-lit streets.

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**G**o trick or treating when it's light outside.

**O**bey traffic safety rules-cross the street at corners and look both ways.

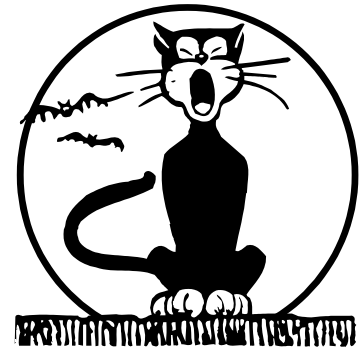
**B**ring a flashlight with you.

**L**et your family know where you're going.

**I**f there is no sidewalk, walk facing traffic.

**N**ever take unwrapped treats.

**S**elect a costume that lets you see and hear well.



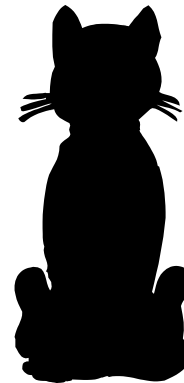
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# “Healthy” Halloween - Tips for Parents

## Before Trick or Treating:

- Review with your child where he/she will trick or treat
- Give older children a set time to return home
- Review traffic safety rules with circular
- Accompany children under eight years old
- Ask children not to eat goodies before you inspect them
- Make sure child has a flashlight



## Costumes Should Be:

- Short enough to avoid falls
- Easy to walk in
- Be bright and easy to see - reflectors work well
- Be easy for your child to see and hear- out of face paints works well in place of masks

## Your Home:

- Remove obstacles from your yard, porch, or sidewalk to prevent falls
- Turn on outside lights so that trick or treaters can find their way to the door



## After Trick or Treating:

- Inspect all food your child brings home
- Wash and slice fruit
- Discard open candy

