



THE SUN CHRONICLE

Attleboro-North Attleboro, Mass.

SUNDAY, OCTOBER 30, 2016

\$2.50 newsstand

Halloween safety tips—no tricks!

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With Halloween quickly approaching, our neighborhoods will soon be filled with goblins and ghouls galore.

As our own little ninjas and princesses take to the streets, ringing doorbells and telling tricks for treats — we have to be the real superheroes that keep them safe.

While not all costumes can be bright, work to incorporate some type of reflection on your children's costumes to ensure they can be seen by oncoming traffic. A flashlight in hand is also recommended.

Make sure costumes do not drag on the ground and that children can see through masks to prevent falls.

It is best to trick-or-treat in neighborhoods with low traffic, fewer cars will help both you and your child enjoy the evening.

Only go to houses that have their lights on as this typically indicates they are partaking in the Halloween fun.

Use sidewalks or paths when

they are available and walk facing traffic as far left as you can. This allows you to move if the driver fails to see you.

If crossing the street to get to another house, remind your children to look left and right before they cross.

With so many individuals enjoying the festivities of Halloween, it is important to keep your eyes up and refrain from looking down at your cell phone.

Before setting out for the evening, encourage your children to have a healthy meal.

A full belly will keep them from devouring sweets before their trick-or-treating is complete.

When they are going through their candy stash, be sure to check for any packaging that looks like it may have been tampered with. Anything opened or leaking should be thrown away.

If your child has an allergy, it may be best to toss the collected candy, as any contamination would put them at risk. It is always a good idea to have your child's epinephrine injector on-hand in the event of an emergency.

A teal light or a teal pumpkin outside a home typically signifies they are handing out allergy-free items.

Have a discussion with your children before trick-or-treating starts about the expectations of how many pieces of candy they can have upon returning home and for the days and weeks ahead.

Setting the limitations early will help them choose wisely.

“Educate your child about the importance of moderation and healthy choices, says Kathleen Blackledge, a registered dietitian at Sturdy Memorial Hospital. “For children who eat well all year long, eating a few pieces of candy during Halloween night is OK.”

For those who are not trick-or-treating, use extra caution as you drive around on Halloween night.

Kids and teens are excited and may not be paying attention to their surroundings.

Take extra time at intersections and corners to make sure you are aware of anyone crossing.

As always, limit distracted driving by having your cell phone stowed put away.