



October 2023

Accepting the Spectrum

A monthly newsletter sharing information and support to families, caregivers, and friends of children on the autism spectrum

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Halloween is a fun night full of costumes and candy for children of all ages. However for some children with autism, scary sounds, decorations, costumes, and going out at night can be overwhelming. Helping your child know what to expect from Halloween can help make it a fun time for everyone. Here are some tips to help your child prepare for Halloween.



- Halloween decorations can be scary! They often come with bright, flashing lights and loud sounds. Even though they're just for fun, they may be frightening to some children. Remind your child that the decorations and sounds are just pretend and not real. They're just a silly, fun way for people to celebrate Halloween.
- Practice! Check to see if there are "trunk or treat" activities at your school or in your community. If trunk or treat happens before Halloween, it's a good time for your child to practice trick-or-treating before the real night.
- Many children wear costumes on Halloween. When choosing a costume for Halloween, be aware of sensory needs. Some materials may be itchy, or can be uncomfortable for your child. Having your child put on their costume a few times before Halloween can help them to get used to the feeling of the costume.
- Take a sensory toy, headphones or ear plugs with you when you go somewhere that may have loud noises and sounds.



With the cooler, fall weather, there are still many fun activities that you can do both inside and outside with your child!

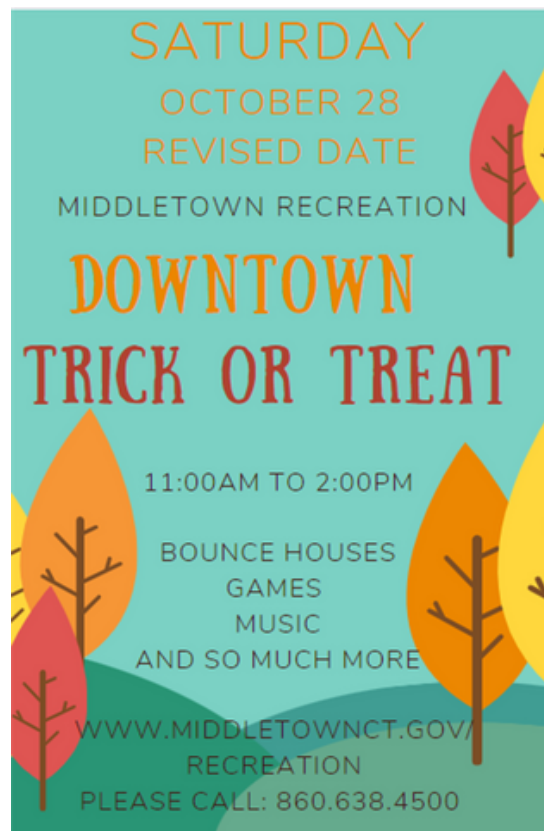
- Visit a pumpkin patch! Your child can pick out their favorite pumpkin and then paint it when they get home!
- Carve a pumpkin! While it is recommended that an adult does the actual carving, you can then ask your child what they want their pumpkin to look like! Your child may enjoy feeling the squishy inside and seeds of the pumpkin and let them play with it! This is a great opportunity to get used to a new smell and texture.
- Fall-themed sensory bins! A sensory bin is a great activity that children can touch and explore various textures. To incorporate a fall theme, you can fill a bin with brown rice and various Fall items such as leaves, mini pumpkins, acorns, and beans!





Agency News:

- **Downtown Trick or Treat: Saturday, October 28, 2023 11:00am-2:00pm.** Join us as we will also be participating in the event!



- **Autism Speaks CT Walk: Sunday, October 29, 2023 9:00am-11:30am at East Hartford Rentschler Field.** Join us as we will also be participating in the event! For more information and to Register go to [Connecticut Walk - Autism Speaks](#)



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