

Pointers For Parents

Simple Steps Make Halloween Safety Less Tricky and More of a Treat

(NAPSA)—While children dream about mounds of candy and what to wear every Halloween, parents face more serious concerns about kids' safety and health. This October 31, try following a few simple steps to ensure that Halloween means smiles and fun for moms and kids alike:

Make Masks Safe and Sound:

Masks can be a cost-effective and simple way for kids to transform into just about anything they want on Halloween, but it's important to make sure they fit properly. Do a test run before All Hallows Eve and make adjustments to eye and mouth holes so kids can see and breathe comfortably before they embark on their trick-or-treating adventures.

Good Oral Habits Keep Everyone from Grinning Like a Jack-o'-Lantern!:

With candy consumption at a peak around Halloween, all family members, big and small, should brush up on their oral health habits. This Halloween, give kids the gift of the Crest® SpinBrush™ for Kids. It comes in a multitude of designs, including mermaid, dolphin and race car, which make brushing fun so kids will brush without the nagging. Halloween is an ideal time for every member of the family to pledge proper oral health habits, including brushing for two minutes twice a day, flossing and visiting the dentist twice a year.

Reflect and Protect: Night comes pretty early in the fall. A great way to keep kids visible in the dark is to add a reflective element to costumes. Buy glow-in-the-dark stickers or patches at the local drug store or fabric shop. Light colored costumes are also a safe bet as well as sending trick-or-treaters off with flashlights.

Weather the Weather: Parents can't control the weather but they can keep kids warm and dry by layering costumes. Make sure that the layer closest to the skin is made from a breathable fabric—preferably one that will pull perspiration away from the skin, like silk. Also, check kids' shoes to ensure these are appropriate to the season as well as durable and comfortable enough for a night of walking the neighborhood.



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Join the Fun: Kids may try to trick parents into thinking they can go out on their own but younger ones should be accompanied by a parent or older sibling as a safety precaution. Parents can don a costume, too, so kids won't feel like they are being chaperoned and parents can still ensure that the little ones are safe.

Bring Halloween Inside: Instead of sending kids outside to trick-or-treat, throw a Halloween party! "Haunt" your house with eerie sound effects and spooky decorations. Create an original ghost story by starting the first line and have all party goers add a sentence. Also, buy extra pumpkins for jack-o'-lanterns and rent a few classic horror flicks to give everyone a good scare. Invite kids and parents so moms can control candy consumption as well as curfews.

Eat a Good Meal: Kids (and parents) will surely indulge the sweet tooth a bit more around Halloween so nutritious meals and snacks are especially important. Include healthy foods like fruits and vegetables, and trade in sugary fruit drinks and sodas for more healthy options like fresh juice, water and calcium-rich milk.

Halloween should be exciting for everyone. Parents can plan ahead and make sure the holiday will be enjoyable for the kids and still know their little trick-or-treaters are safe and healthy.