**Wellness Articles**

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**Stay safe for tricks and treats this Halloween**

Costumes, treats and scares are in store for Halloween this year, but here are a few simple tips to keep young ones safe during the festivities.

**Costumes**

* Wear costumes and footwear that fit properly to reduce tripping and the risk of injury.
* Dress for the weather. Wear layers and appropriate clothing, such as boots and jackets, to keep your child warm and dry in all weather conditions.
* Add reflective tape to costumes and treat bags to keep your child visible in the dark.
* Choose flame-resistant costumes, beards and wigs.
* Choose face paint or makeup instead of a mask that can interfere with vision.
* Children wearing a mask or a head piece must ensure they can see clearly from the front and both sides, and that it doesn’t interfere with breathing.
* Never allow your child to carry a sharp or dangerous costume prop, such as a knife or sword.

**Trick-or-treating**

* Children should trick-or-treat in groups and should never trick-or-treat alone.
* Accompany your child until you feel comfortable they are old enough to go without adult supervision. Know where your children are trick-or-treating if they are old enough to go unaccompanied.
* Remind children to adhere to the same safe road rules when trick-or-treating as they do any other night. Remember these road safety tips:
	+ Always walk on the sidewalk.
	+ Only cross the street at crosswalks or street corners.
	+ Look left and right for oncoming traffic.
	+ Make eye contact with the driver before crossing the street.
* Teach your child to trick-or-treat in well-lit areas, and to only visit homes that have their outside lights turned on.
* When giving out treats, remember to leave your porch light on.
* Pack a flashlight in your child’s trick-or-treat bag.
* Remind your child never to go inside a stranger’s home or car.
* Check all the goodies before your child digs into their treat bag.
* Check ingredient lists on labels to avoid allergens.
* Throw out all candy that has a loose, broken or open wrapper.
* Throw out homemade candy or baked goods made by people you don't know.
* Wash all fruit and cut it into pieces to check before eating.

**Limit sugar**

* Chocolate and candy are high in sugar. The more times a day children eat it, the greater the risk of tooth decay.
* When eating chocolate or candy, do so after mealtime. The extra saliva produced at mealtimes helps provide some protection to teeth.
* Brush and floss with extra care and attention after eating chocolate or candy.

**Pumpkin carving**

* Make sure an adult oversees all pumpkin carving activities. Never leave your child unsupervised.
* Have an adult light any candles used inside of pumpkins or use battery-operated lights instead. Keep matches and lighters away from children.
* Don’t allow children to play near pumpkins with candles burning.
* Keep lit pumpkins out of the way of trick-or-treaters and fire hazards, such as bushes or trees.
* Supervise pumpkins when lit, and make sure to put out any candles before turning in for the night.

**Around the neighborhood**

* If you must drive Halloween night, drive slowly, especially in residential areas. Be on the lookout for trick-or-treaters.
* Remove hazards in your yard, such as hoses and yard tools, and make sure you have a clear, well-lit walkway for trick-or-treaters.