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Halloween safety tips for superheroes, ghosts, goblins

When little superheroes put on their costumes for Halloween, parents should be aware that their children might be tempted to imitate those heroes and engage in risky behaviors.

Children wearing superhero costumes were more likely to display behaviors that put them at risk of serious injuries from such feats as jumping from windows and other attempts to “fly,” according to a study in the *Archives of Diseases in Childhood*.

Experts encourage parents to take the following precautions to help reduce injuries to children dressed as superheroes:

- ensure that windows are closed and locked so that children do not attempt to open and jump from them;
- explain the difference between what people do on television or movies and what they can do real life; and
- opt for costumes with imitation muscle padding; padding helped spare children who did attempt risky behaviors from further injuries, according to the study.



The American Academy of Pediatrics also offers the following Halloween safety tips for children in any costume:

- Choose costumes that are bright and reflective. Make sure shoes fit well and that costumes

are short enough to prevent tripping, entanglement or contact with flame.

- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Hats should fit properly to prevent them from sliding over eyes.
- When shopping for costumes, wigs and accessories, purchase those with a label clearly indicating they are flame resistant.
- If a sword, cane or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.
- Provide flashlights with fresh batteries to all children and their escorts.

— Trisha Koriath

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