

TREAT DOES NOT EQUAL SWEET



Many parents dread Halloween because of the enormous amount of candy children get while trick-or-treating. To avoid all of the sugary sweets of trick-or-treating, you can celebrate in other ways. Look for community events that can take the place of traditional trick-or-treating. You can also encourage parents in your neighborhood to give out non-candy items (they will probably welcome the idea). Here are some fun, inexpensive alternatives to candy.

Some of these items are choking hazards for young children so make sure to have appropriate items for a variety of ages.

If your child does go trick-or-treating and comes back with lots of candy, there are a couple of ways to prevent them from eating it all. First, you can negotiate an appropriate amount of candy they can eat and divide the rest over the next several days. Or buy your child's candy from them and then take them shopping for a book or toy.

Alternatives to candy for Halloween

- > bouncy balls
- > baseballs
- > pencils
- > erasers
- > small paint set
- > crayons
- > coloring books
- > markers
- > baby dolls
- > hair bows/barrettes
- > finger puppets
- > stickers
- > plastic sunglasses
- > costume jewelry
- > dress up clothes
- > play-doh
- > modeling clay
- > spinning tops
- > books
- > coloring books
- > cars
- > trucks
- > playing cards
- > puzzles or games
- > frisbees
- > jump ropes
- > pretzels or goldfish snack bags
- > temporary tattoos
- > bubbles

