

Have Fun AND Be Safe This Halloween

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If your children enjoy dressing up and wandering the streets for candy on Halloween, make sure they do it safely. Many eye injuries are reported every year as a result of Halloween activities. In addition, it's easy for kids to be less visible to drivers during evening hours. Follow these tips to keep your kids, and their little peepers, safe.

1. Avoid costumes that block vision

Masks, wigs and eye patches are fun Halloween accessories, but make sure they don't block visibility. Some masks are very dangerous for children because they block their side vision. A better, safer option is to decorate your child's face with face paint or make-up.

2. Use make-up safely

If you decide to disguise your child with make-up instead of a mask, use hypo-allergenic options and keep it away from the eyes. It's a good idea to carry a wet towel or washcloth in case the make-up begins to run while trick-or-treating. Running around in a costume makes some kids perspire, so a quick clean-up around the eye area may be necessary before the night is over.

3. Don't allow sharp objects to be used as props

Some costumes don't seem complete without swords or wands. Still, do not allow your child to carry sharp objects. Sharp, pointed props endanger your child eyes as well as the eyes of other children.

4. If you are going to wear cosmetic contacts, follow your doctor's instructions!

Older kids often complete their Halloween costumes with spooky cosmetic contact lenses. Remember that contact lenses are medical devices and require a valid prescription. Be on the safe side and have your eye doctor fit them on your child. If not used safely, contact lens use can lead to vision loss.

5. Carry a flashlight

Give your child a small flashlight to illuminate dark paths and walkways. If it is a dark night, your child will not be able to see holes in yards or missing porch steps. A flashlight will also make your child more visible to drivers.

6. Make sure costumes are reflective

If the costume your child chooses is not made of reflective material, sew on reflective fabric strips or use stick-on strips of reflective tape. You want your child to be seen, especially crossing streets in the dark. Place reflective material on the front, back and sides of your child's costume.