

HALLOWEEN TRIGGERS

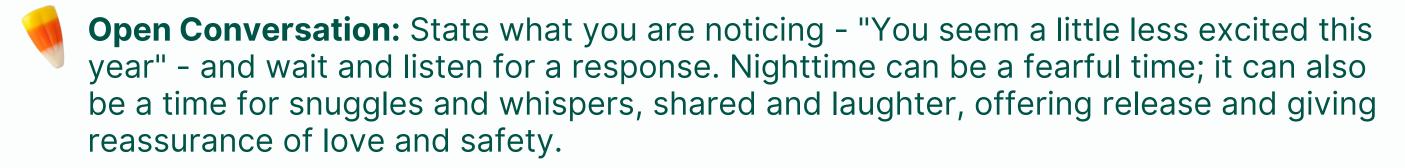
Halloween brings candy, costumes, and scary fun. However, for those grieving, the holiday may be a little tough.



- Halloween symbols may be bothersome or even distressing
- Happy memories spent with loved ones on this holiday may now turn bittersweet and have shades of sadness
- It can present reminders of experiences continuing, which are now changed and lost as being ones spent with the person who died

A BAGFUL OF HELP





- **Provide Options:** Consider discussing together how to celebrate, offering and allowing for any changes in traditions.
- Give Facts and Information: Not knowing or understanding something is scary. Ask if they have any questions about the death, what they have heard, what they think about. Then answer honestly, using clear, age-appropriate language. Having information can be comforting and lessen fears.
- Check in with Teachers: Halloween parades and fall festivals with families present can be challenging. Ask about the plans and discuss alternatives if needed.
- **Establish a Routine:** Predictability bring feelings of safety and reassurance to those grieving. Be careful not to overload on too many celebrations, as tiredness and a diet of sweets can lead to irritability, behavior challenges and other reactions which are similar to those of grief. Agree to a schedule that works for all.





