



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



Observe and Listen: Be alert to any changes you see in behavior or language. Gently provide opportunities for expression through conversation, drawing or books. If needed, limit visual triggers (or screens or in neighborhoods).



Open Conversation: State what you are noticing - "You seem a little less excited this year" - and wait and listen for a response. Nighttime can be a fearful time; it can also be a time for snuggles and whispers, shared and laughter, offering release and giving reassurance of love and safety.



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.