

Mayo Clinic Minute

Head-to-toe tips for a safer Halloween

	AUDIO
	It's all Halloween fun from this angle.
	<i>Sound of child goofing around</i>
	But how does it look from the trick-or-treater's point of view?
Title: Vandana Bhide, M.D. Pediatrics / Internal Medicine Mayo Clinic	"If your child is going to wear a mask, you want to make sure that the eye openings – that you can see very clearly, especially in the dark, when they are going to be going from house to house."
	Mayo Clinic pediatrician Dr. Vandana Bhide says pay special attention to the other end of the costume, too.
Vandana Bhide, M.D.	"You know, they can stand still in front of the mirror and look great, but, then, actually moving in the costume can be difficult."
	So tie shoelaces tightly, and take a trick-or-treating test run.
Vandana Bhide, M.D.	"You don't want the costume to drag on the ground, because it's very easy to trip on that. Any kind of heavy boots or something that would impair a child's mobility, it's important to avoid that."
Graphic: Flame-resistant materials Safe accessories Stay on sidewalks	Also, make sure all materials are flame-resistant; choose accessories that won't cause injury; and stay on sidewalks whenever possible.
	"Trick or treat!"
	Plan ahead – from top to bottom – and Halloween can be fun and safe.
	For the Mayo Clinic News Network, I'm Jeff Olsen.