

Tips for a Safe and Fun Halloween from Atrium Health Navicent Pediatricians

Make plans to keep children safe while trick-or-treating

MACON, Ga., Oct. 30, 2025 – Halloween is fun for all ages. But this holiday can be worrisome for some parents. To help ensure everyone has a night of treats with no tricks, Atrium Health Levine Children's pediatricians offer ideas and safety tips.

Trick-or-Treating Safety

While Halloween is all fun and games, the truth is it can be dangerous for your little trick-or-treaters if certain precautions aren't taken. According to [Safe Kids Worldwide](#), children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

[Dr. Mansi Batra](#), a pediatrician at [Atrium Health Levine Children's](#), suggests having a conversation with your children about safety before the big night.

"They might not realize how many dangers are lurking on Halloween night. From inattentive drivers to questionable treats, this conversation shouldn't scare them, more so make them aware of what to watch out for," she said.

Safety tips for children and parents include:

1. **Carry a glow stick or flashlight and/or use reflective tape or stickers** on costumes and bags to help drivers better see trick-or-treaters.
2. **Chaperone kids under the age of 12** while trick-or-treating. Teens should check in regularly with their parents/guardians and stick to visiting nearby or well-known neighborhoods.
3. **Always walk on sidewalks or paths.** If there are no sidewalks, walk facing traffic.
4. **Remind kids to cross the street at corners or crosswalks** after looking left, right and left again.
5. **Choose a costume that fits properly to prevent trips and falls.** Consider using face paint instead of masks, which can obstruct a child's vision, and make sure the face paint is hypoallergenic by testing it out on a small patch of skin first.
6. **Make sure your headlights are on, slow down and be alert.** Kids are excited on Halloween and may dart into the street.
7. **Check your child's trick-or-treat bag** for any candy that appears to be tampered with. Instruct your child to throw away any unsealed treats.

Food Allergy Awareness

Food allergies should not be taken lightly, as they affect 1 in 13 children in the U.S. Some of the most common food allergens — nuts, milk and eggs — are found in many Halloween candies.

"If your child has food allergies, teach them the importance of speaking up about their allergies and always make sure they have auto-injectable epinephrine with them," Batra said.

Parents should also read ingredient labels carefully. If candies don't have one on them, parents need to check the larger bag the candies came in or look up the ingredients on the candy manufacturer's website. Parents can also consider bringing a safe treat or snack with them that the child can enjoy while trick-or-treating.

Putting out a [teal pumpkin](#), an initiative of Food Allergy Research & Education (FARE), is way to indicate your house supports children with food allergies by offering non-food treats like glow sticks, pencils, stamps or stickers.

Children with Autism Spectrum Disorder (ASD)

About 1 in 44 children has been identified with ASD according to estimates from Centers for Disease Control and Prevention.

For children with ASD, wearing a costume may be problematic because of the sensory issues they can experience. If the child is sensitive to noise, parents might consider bringing earplugs or another noise-blocking device for the child.

"If a child with ASD does want to wear a costume, allow them to try it on in advance," Batra said. "Have a dress rehearsal ahead of the holiday and show the child pictures of what to expect while trick-or-treating on Halloween. Often, children with ASD want to participate in the fun but find it overstimulating."

A blue bucket or pumpkin is a signifier that a child has ASD. Parents can give their child a blue bucket to let others know their child has ASD or display a blue pumpkin at their home to indicate their home is friendly to children with ASD.

Stay safe all year long

As the only dedicated pediatric facility in central and south Georgia, and one of the most comprehensive in the state, Atrium Health Levine Children's Beverly Knight Olson Children's Hospital has the only dedicated pediatric emergency room in the area, and provides care in general pediatrics, pediatric critical care, neonatal intensive care and outpatient services. The hospital also serves as the primary teaching site for the Department of Pediatrics at the Mercer University School of Medicine.

For families juggling busy schedules, parents can now consult with dedicated pediatricians well-child care and sick visits using [Atrium Health Levine Children's Pediatrics Virtual](#). Offering extended hours from 8 a.m. to 8 p.m., seven days a week, Atrium Health Levine Children's new pediatric virtual primary care practice provides the flexibility to receive the same high-quality, comprehensive care provided at a traditional in-person primary care office, just at home or in another place that is most convenient and comfortable for families.

Additionally, if you're a patient of [Atrium Health Navicent Children's Care Downtown Macon](#), virtual visits are available from 6 p.m. to 10 p.m. Monday through Thursday for illness, skin problems, follow-ups, sleep help, nutrition, chronic disease management and more. Visits can be scheduled through the [MyAtriumHealth](#) portal.

For more health and safety tips for children, and for information about children's services, visit [childrenshospitalnh.org](#). To find a pediatrician, visit the website and click "Find A Provider."

About Atrium Health Navicent

Atrium Health Navicent is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navicent is part of [Advocate Health](#), which is headquartered in Charlotte, North Carolina, and is the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navicent provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation's leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home – including advanced innovations in virtual medicine and care. Throughout its 130-year history in the community, Atrium Health Navicent has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit [www.NavicentHealth.org](#).

About Advocate Health

[Advocate Health](#) is the third-largest nonprofit, integrated health system in the United States, created from the combination of Advocate Aurora Health and Atrium Health. Providing care under the names [Advocate Health Care](#) in Illinois; [Atrium Health](#) in the Carolinas, Georgia and Alabama; and [Aurora Health Care](#) in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with [Wake Forest University School of Medicine](#) serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations, and offers one of the nation's largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

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