

Halloween: A Little History...



Halloween or Hallow e'en is a celebration observed in a number of countries including the United States on October 31st. Children dress in all kinds of costumes and knock on neighborhood doors, shouting "Trick or Treat!" Pirates and princesses, ghosts and witches all hold bags open to catch the candy or other goodies that the neighbors drop in.

Children ask for treats with the phrase "Trick or treat". The "treat" is usually some form of candy or snack. The "trick" is an idle threat to perform mischief on the

homeowners or their property if no treat is given.

Trick-or-treating usually occurs on the evening of October 31. People signal that they are willing to hand out treats by putting up Halloween decorations and lights outside their doors.

Since the 800's November 1st is a religious holiday known as *All Saints' Day*. The Mass that was said on this day was called Allhallowmas. The evening before became known as All Hallow e'en, or Halloween. Like some other American celebrations, its origins lie in both pre-Christian and Christian customs.

The most popular Halloween activities include trick-or-treating attending Halloween costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, playing pranks, visiting haunted attractions, telling scary stories and watching horror films.

Check out our Au Pair in America Pinterest page for Halloween activities, pumpkin carving ideas and *scary* snacks <https://www.pinterest.com/aupairinamerica/halloween-fun/>

Halloween can be a lot of fun but it is also a time when safety should come first. Children and au pairs must have the consent of the host parents to trick or treat.

Here are some tips for a safe Halloween:

Adult supervision is essential. Always accompany the children if they are going door to door to trick or treat

Try tick-or-treat-friendly homes. Ensure the children only visit houses with lights on and some sort of Halloween decoration

Stay outside. Make sure the children don't go inside someone's house. They can trick or treat on the porch.

Remain visible. Dress the children in bright costumes or have them wear reflective strips or carry a glow stick or flashlight.

Quality-check treats. Check the candy before they eat it. Throw out any candy that is not in its original wrapper or looks like it has been tampered with

Most of all...have fun!