5 SENSORY FRIENDLY COSTUME IDEAS!

1. HALLOWEEN PAJAMAS

These are pajamas are a sensory-friendly way to have your child comfy and cozy while trick-or-treating! They are 100% cotton. Wash them before they wear them with extra fabric softener and your child will feel at ease. They are found on Amazon.com!

• 2. REGULAR CLOTHES

Already have a red and white striped shirt that your child wears? Turn it into a "Where's Waldo?" costume! Already have a yellow shirt and overalls? Turn it into a Minion costume!

3. SOFT-CLOTHING

Get a 100% cotton, soft white t-shirt and pants. Throw some paint on it and you have a painter costume! Would your child rather be a scientist? Wear comfy sweatpants and a 100% cotton "lab coat" to wear! Both sold on Amazon!

4. SPANDEX

Does your child like to have deep pressure over his or her entire body? Wear spandex! Your child can be a sports player by wearing spandex underneath a favorite jersey or wearing leggings and a spandex shirt as an animal!

5. BATH ROBES!

The feeling of a soft bathrobe used as a costume is always a good approach for a sensory-friendly halloween costume! There are many different styles of bathrobes on Amazon, from Pokemon to Disney characters and dinosaurs to unicorns!