

Halloween Tips for Children with IBD

Comfy costumes – choose loose, stretchy outfits that don't press on sensitive tummies or medical devices.

Safe sweets – some treats can upset digestion, so swapping or setting aside certain sweets can help.

Know your route – plan ahead to find toilet stops or stick close to home for peace of mind

Keep it short and sweet – a shorter trip or at-home celebration can help manage fatigue and pain.

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better lives for children with crohns and colitis

