

## Helmutt: Helpful Hints and Dog-A-Log

**REMEMBER: HELMUTT DOES NOT SPEAK,  
BUT HIS ESCORT CAN TALK FOR HIM.**

### Hints For Helmutt:

- Helmutt can interact without talking by waving, pointing to his helmet, beckoning for people to come over to where he is located, posing for pictures, hugging, and shaking hands.
- Some small children may be scared of Helmutt, so approach them slowly.
- To get children involved, coax them to pet Helmutt's tail or paw.
- To get children more involved in the traumatic brain injury awareness message, have Helmutt hold their hand while getting fitted for a helmet or coax them to take crayons or information from Helmutt.
- People may want to talk to Helmutt or get a hug. Be prepared to hug small and large people. Bending can be difficult with the heavy head so practice before going out to ensure the head does not fall off in public. It is advisable to try on the entire costume for a test run before the event to be sure it is not too heavy for you to manage. It is helpful to have a larger-built person wear it.
- Be aware of your posture, gestures, and remember that while in costume all eyes are watching your behavior as "Helmutt."
- Be careful walking in the Helmutt shoes as they are extremely oversized. Take it slow.
- **STAY HYDRATED!** Remember to schedule breaks to get out of the costume and drink lots of water! If you are going outside, do not stay for long periods of time.



### Dog-A-Log for Helmutt's Friend, Shadow, or Escort:

- The Helmutt escort needs to make sure Helmutt does not fall over the little ones approaching him.
- Introduce Helmutt as you walk around. The escort may say, "Hi, this is Helmutt! Would you like to shake his hand? Do you like his helmet?" or "This is my friend Helmutt. He thinks it's cool that you are getting fitted for a new bike helmet. See Helmutt wears one too."
- Provide safety information as the escort such as "Wear your seatbelt like Helmutt does every time." "Wear your helmet like Helmutt does when he skates, rides his bike, scooter, or skateboard." Helmutt can make motions like he is skating, biking, or skateboarding if he is able.