

## TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- Serve a healthy dinner (or snack) before trick-or-treating. You will know your child has eaten **something** nutritious on this exciting night.
- Limit the number of times teeth are exposed to sugar by encouraging children to eat treats at one sitting. Then, be sure to brush their teeth afterwards.
- Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very *scary* results!

For more information contact:

- VIHA Child, Youth and Family Community Health Dental:

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