



Trick or treat, beware of sweets

Ensuring a tooth-friendly Halloween with healthy oral habits.

Halloween can be a scary time of year — not just because of ghosts and goblins, but because of candy and cavities. While indulging in sweet treats is part of the fun, it's important to teach kids about good oral habits.

The overload of candies and sugary snacks can create a perfect storm for dental issues, particularly cavities. The sugars present in sweet treats act as a fuel source for harmful bacteria, which can lead to tooth decay.

It's important to instill good oral health habits early. Regular visits to your child's dentist assure that their teeth are properly cleaned and examined throughout the year. Teaching children about their oral health is key in building healthy habits not only during spooky season, but all year long.

Oral health tips for a healthy Halloween

- Limit your child's daily candy intake to only a couple of pieces.
- After treats, have your child drink water to rinse away sugar.
- Introduce sugar-free gum when your child is old enough.
- Skip sticky candy, like taffy, that exposes teeth to sugar for longer.
- Limit sugary drinks, particularly if your child is indulging in candy.
- When choosing treats to hand out, consider non-candy treats like crayons or bouncy balls.