

# Tips and Tricks for Halloween



This Halloween, don't scare the dentist!  
Follow these tips to keep kids' teeth healthy and strong.

- 1. Think outside the box.** Instead of candy, offer trick-or-treaters sugar-free gum or mints, crayons, stickers, temporary tattoos or spider rings.
- 2. Be selective.** Choose treats that cause the least damage to teeth. Instead of caramels and hard candies, choose chocolates, which are swallowed quickly and don't stick to the teeth. Avoid any candies that are acidic or chewy. Don't forget that even "healthy" snacks like pretzels and crackers can promote decay.
- 3. Go trick-or-treating on a full stomach.** Staying full can limit the urge to gorge on Halloween treats.
- 4. Start a candy bank.** Allow your child to make daily withdrawals from the bank. Like a real bank, you can set a daily limit for withdrawals to make sure your child doesn't overload on candy.
- 5. Designate candy time.** Choose a specific time for eating candy, and follow it up with brushing and flossing. The shorter the exposure to sugar, the better.