



Keep their fangs clean during Halloween

Halloween can be scary—not just because of ghosts and goblins, but because of candy and cavities!

It's okay for the kids to enjoy their holiday treats – as long as they pay a little extra attention to their oral health routine. Here are six tips to keep wicked decay at bay:

- Limit how much candy your child eats to a couple of pieces a day.
- Encourage drinking water after enjoying treats to help rinse away sugar.
- Offer healthier options like sugar-free gum, which helps prevent cavities by keeping teeth clean.
- Avoid sticky sweets like taffy and caramel that expose teeth to sugar for a longer time.
- If you expect trick-or-treaters, try handing out fun items like crayons or bouncy balls.
- Cut back on juice and sugary drinks, especially if your child hauled in lots of candy.

It's important to teach good oral health habits at an early age. And regular visits to the dentist assure that their teeth are properly cleaned and examined throughout the year.

[Check out more resources](#) to keep the whole family's mouths healthy!

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