

# Prevent Haunted Teeth

Developed by: San Francisco County CMS  
Branch Rose Clifford, RDH, BS



This Halloween, don't let treats trick your child's teeth. Each time your child takes a bite of a sugary treat, bacteria that lurk in the mouth use the sugar to make "acid ghosts." Even after sweets are swallowed, acid can haunt teeth for up to 2 hours. If sweets are eaten many times during the day, the acid can cause cavities!

Healthier treats include  
fruit, graham crackers,  
fruit cups, mini raisins,  
trail mix or stickers,  
bouncy balls, erasers...

Children (and adults)  
love Halloween treats!  
How can parents keep  
"acid ghosts" away?

## PARENT'S HALLOWEEN CANDY TIPS

- ❖ Keep your child's bag of Halloween candy in *your control*. Parents can decide when and how much candy children can eat.
- ❖ Don't let your child snack on candy all day. It is better to eat 5 pieces of candy at one time instead of eating them slowly all day long.
- ❖ A good time to allow candy is after a meal.
- ❖ Have your child drink a glass of water after eating sweets if your local water company provides fluoride to protect teeth and rinse away acid.
- ❖ Avoid sticky candies (caramels, taffy, gum) – these stick to teeth too long.
- ❖ Choose candies and gum that are sugar free or contain "Xylitol."
- ❖ Brush your child's teeth twice a day and floss once a day - children under 8 can't do a good job without your help.
- ❖ Visit the dentist twice a year. Ask about dental sealants & fluoride varnish.