

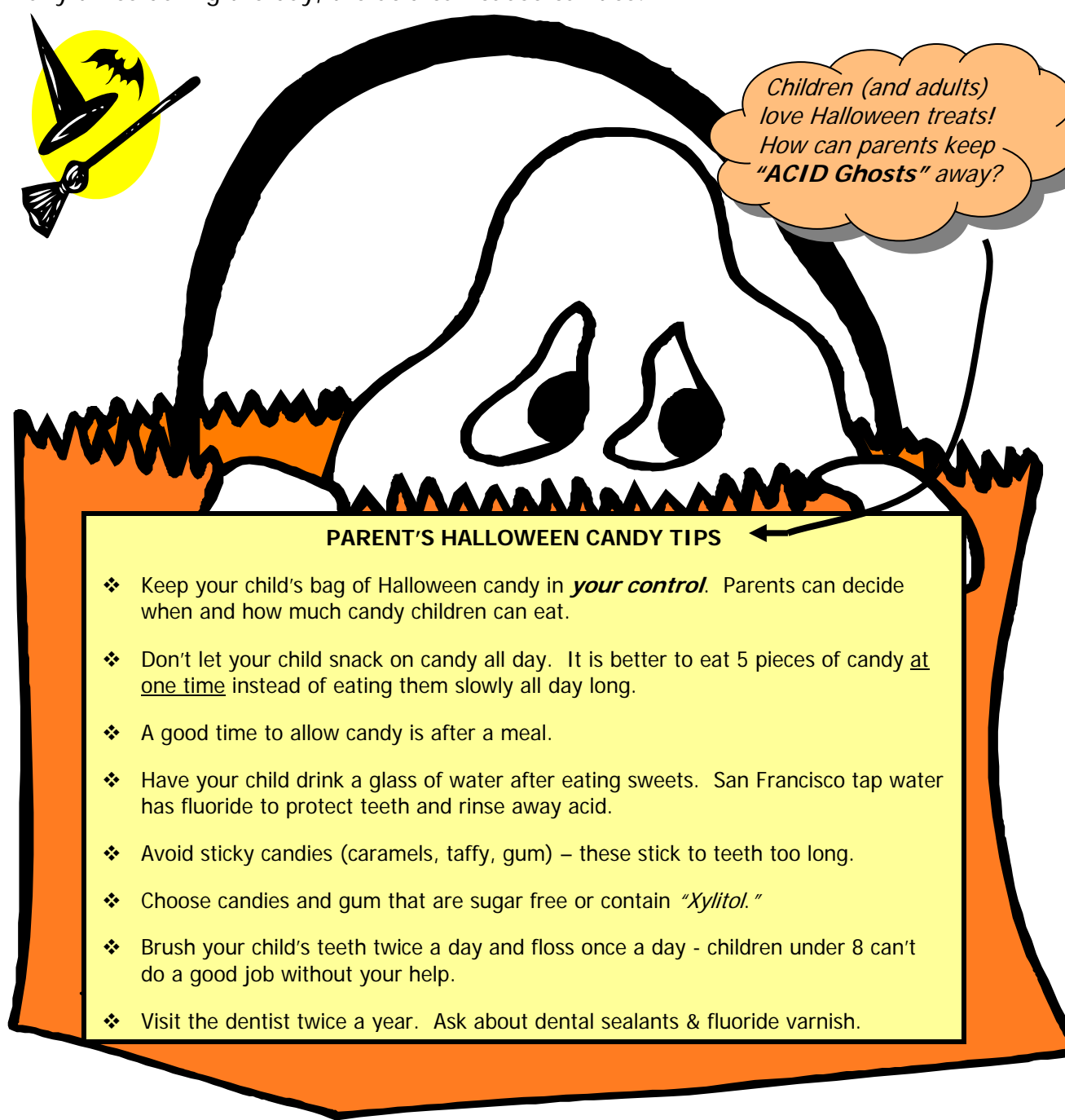
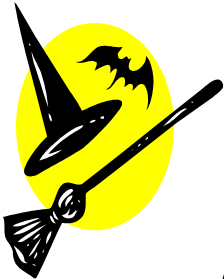


# Prevent Haunted Teeth

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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!



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. San Francisco tap water has 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.