**TRICK OR TEETH**

Halloween can be full of spooky fun and celebrated with many kinds of treats!

Candy is often a big part of Halloween and can increase the risk of tooth decay. When sticky or sweet foods are eaten, they feed bacteria in the mouth and create acid that may lead to tooth decay.

**Tips for a tooth-friendly Halloween**

* Consider other spooky activities:
  + Halloween party
  + Spooky movie night
  + Haunted house
  + Pumpkin patch/corn maze
  + Pumpkin carving or crafts
* Serve a meal or snack before children trick or treat. This can help fuel Halloween fun and children may feel less hungry for candy
* Offer plain water
* Hand out tooth-friendly treats/prizes such as:
  + Stickers or temporary tattoos
  + Fun pencils or erasers
  + Toys or glow sticks
  + Toothbrushes or flossers
* Provide your child with a smaller trick or treat bag to limit the amount of candy they can collect
* Consider trading candy for small toys or fun activities.
* Brush twice a day with fluoride toothpaste and floss daily.
* Book regular dental visits

For more information:

* Canadian Dental Association – [Halloween](https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/halloween.asp)
* Government of Canada – [Oral Health](https://www.canada.ca/en/public-health/topics/oral-health.html)