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.

**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. A good time to allow your child to have a piece of 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. Avoid sour candies (gummies, lemon drops) – these add to acid on teeth. 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.

Need Help Finding a Dentist? Call 1-800-300-9950
San Francisco Women & Children’s Health Referral