

Don't Haunt your Halloween Smile!



- * Chase away Halloween goodies - **brush for 2 minutes, 2 times/day**
- do an extra ghouling job at bedtime
- * Scare away cavity-causing mouth germs with **fluoride toothpaste**
 - * Age 0-3 - ask a dental professional if your child is at risk for tooth decay - if yes, use the size of a grain of rice
 - * Age 3-6 - a green pea-size amount is all you need
- * Spook away lunchbox snacks - **chew some sugarless gum** or **eat cheese**—they are both cavity fighters
- * Even goblins need **help with brushing** - **get help** until you're 8
- * Treat your teeth to **regular dental check-ups**
- * Keep your smile booooootiful ... **ask your dental hygienist** about smile-protecting fluoride, dental sealants, and mouthguards

*Don't trick your teeth with treats all day...
Treats with meals & brushing after help spooooook away toooooooth decay!*



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Oral Health Tips From Your Manitoba Dental Hygienists Association