

# Printable Halloween Checklist for Parents

## 5 Oral Health Tips

**Halloween is often synonymous with sweets.** And while collecting candy is fun, these sugary foods can cause harmful and lasting repercussions on teeth. Parents and guardians can help save their little goblin's teeth from all this sugar with a few helpful tricks:

1. **Brush and floss daily.** Indulge in that extra piece of chocolate, just make sure to brush after you eat.
2. **Stick to chocolate for your craving.** Sticky candy is hard to remove from the surface of teeth which can allow the bacteria to create acid in the mouth. Chocolate is better for teeth because the sugar does not stick as much.
3. **Go for sugar-free gum.** It can distract you from your sweet tooth, and increased saliva helps wash your mouth. Sugar-free gum can also be a great substitute for handing out candy on Halloween.
4. **Drink more water.** A glass of water will help rinse your mouth, along with the sugar from candy. Other drinks like soda and juice have added sugars so water is your best option.
5. **Don't deprive kids of Halloween treats.** This will only make them want candy more. It's all about moderation! Instead of letting them eat a lot of candy over a short period of time, try rationing treats over several days or weeks instead.

The best trick this Halloween is making sure kids continue to have healthy smiles. By taking preventive measures in dental care, parents can allow their children to enjoy Halloween without destroying their teeth.



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The Guardians of the Smile is a school program developed by Guardian and Children's Health Fund to reach students across the country and teach them about proper oral hygiene. The Tooth Guardian™, a character who teaches kids how to care for their teeth in fun and interactive ways will be making special appearances at schools around the country in 2018 and 2019.