



Candy and Oral Health

Halloween can be scary — not just because of ghosts and goblins, but because of candy and cavities. Use this time of year to teach kids about good oral health habits while still enjoying their holiday treats.

Tips for a happy, healthy mouth:

- Limit how much candy your child eats to just a few pieces a day.
- Encourage them to drink water after eating treats to help rinse away sugar.
- If your child is old enough, offer sugar-free gum, which helps prevent cavities by keeping teeth clean.
- Avoid sticky candy like taffy and caramel that expose the teeth to sugar for longer periods of time.
- If you expect trick-or-treaters, consider handing out little trinkets like crayons or bouncy balls.
- Limit juice or other drinks with sugar, especially if your child is indulging in candy.

Make sure to keep up with your child's regular exams and cleanings throughout the year. Teaching children about their oral health is key in building healthy habits for life.

Visit [UnitedConcordia.com](https://www.UnitedConcordia.com) for more tips for a healthier mouth.

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