

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
 - * 3-6 years ~ 1/2 pea-sized amount
 - * 6+ years ~ a 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 boooooootiful ... 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!*



Oral Health Tips From Your Manitoba Dental Hygienists Association
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