

Halloween will soon be here

What costume will you wear?

Will it be trick or will it be treat?

If you choose treats, what will they be?

and what will you do to keep your teeth healthy?

Follow these tips for healthy Halloween teeth

- ◆ If it's sticky, it gets sticky and that's so yucky ! Stay away from fruit rollups, caramels, and other chewy, sticky candy.
- ◆ Drink lots of water to help wash away the sticky chewies. Water is really good for you and your teeth. Have you ever seen a vampire with a cavity?
- ◆ Brush your teeth in the morning and at night, and remember to floss before you brush. It takes 2 minutes of brushing to clean away all the candy that's on your teeth and flossing to remove whats gotten in between your teeth.
- ◆ Smooth chocolate is the best. It sliddddes off your teeth.
- ◆ Chose your top 5 favorites, eat them at the same time, and you're done.

Follow these tips and your teeth will be
spooktacularrrr