

HALLOWEEN TRICKS AND TREATS



THE 3 DAY RULE TO SINK YOUR TEETH INTO



WHAT IS THE 3 DAY RULE?

Children can eat candy for up to 3 days (including Halloween!!) after trick-o-treating.



WAIT...I THOUGHT CANDY WAS BAD FOR TEETH!!

You're right! But the key is the frequency of exposure. Cavities are caused by sugar-eating bacteria. They eat what your child eats. Since they need fuel to survive, eating candy (even a little bit) every day is worse for their teeth. Bacterial levels will rise for 3 days but can return back to normal - meaning less bacteria and less cavities!

WHY THE 3 DAY RULE?

1. The bacterial count has been raised for a short time – not long enough for a cavity to form. After the 3 days it can slide back to normal.
2. You have avoided the stigma of prohibition.
3. You have allowed your child to experience the fun and indulgence of Halloween with minimal negative repercussions

DENTAL TRICKS AND TREATS

1. Help your child brush and floss before bedtime
2. Offer a glass of water when eating candy
3. Visit Aloha Pediatric Dentistry every 6 months for check ups and cleanings!



Aloha
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