



**THE SUPER
DENTISTS™**
PEDIATRIC DENTISTRY
& ORTHODONTICS

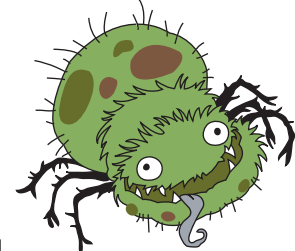
TIPS:

Family Fun and Halloween Safety

Halloween can bring safety questions for teachers and parents. Pediatric Dentist, Dr. Nazli Keri and Orthodontist, Dr. Kami Hoss see the Halloween season as a fun time, but also as one which can begin long term problems for the oral and overall health of children. Known in San Diego as "The Super Dentists," Dr. Keri and Dr. Hoss have a couple of tips that can help families to have a fun and healthy Halloween.

Tips for a Safe and Healthy Halloween

- Make sure that trick-or-treaters eat a well balanced meal before candy
- Collect candy from safe places (trusted family and friends)
- Go through your child's candy bag to choose the "safe candies"
- Limit the amount of candy you eat at one time (one or 2 pieces)
- Eat Candy slowly and in one sitting
- Immediately brush teeth to eliminate sugar on your teeth. (Bacteria in your mouth loooooove sugar, and that is what causes cavities to form)



Try to avoid:

- Candy high in sugar
- Hard candies (can cause tooth chipping)
- Sticky candies (hard to remove)

Alternatives to pass out:

- Sugarless candy or sugarless gum
- Small toys and games
- Temporary tattoos



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