



# Toothy Tips for Your Trick-or-Treater

By Dr. Julia Richman DDS, Dino Kids Dentistry

Halloween is here! What a fun time for all our little ghosts, pirates, princesses, and dinosaurs. At Dino Kid's Dentistry, we LOVE Halloween. It's a great time to make believe, dress-up, scare ourselves a little, and enjoy some sweet treats!

Sweets are such a traditional and fun part of Halloween, but eating too many sugary foods can often cause cavities and is not healthy. As parents, how do we protect our children's teeth and still allow them to enjoy Halloween?

- All things in moderation! Try to rid your house of sweets after Halloween so they don't become a daily temptation.
- Chocolate is the most tooth-friendly treat. Substitute chocolate for sticky or gummy candy.
- Consider other treats like popcorn, cheese, and cut up fruit. All are tooth friendly snacks.
- Tattoos are always in style as a substitute for candy!
- Make sure your child brushes his or her teeth before going to bed Halloween night. Bonus points for flossing! We recommend daily flossing where teeth touch.
- Drinking water helps to wash sugar away and is also healthy for your child.

From all of the Dino Kid's team, we hope you and your family have a wonderful Halloween. Stay safe and have a great time trick-or-treating with your littles (and bigs).

And remember, we're happy to schedule your dinosaur, princess, ghost, pirate, creeper, or little pumpkin, for a dental appointment to keep those fangs in good health!



EXPERT CONTRIBUTOR



## Specialty pediatric dentistry in a family-centered environment.

Our experienced team here at Dino Kid's Dentistry will happily assist your child in achieving a healthier smile. We provide a range of common pediatric treatments for children of all ages, including age 1 dental visits at the first birthday.

Baby Tooth Crowns  
Teledentistry  
Digital X-Rays

First Dental Visits  
General Anesthesia  
Nitrous Oxide

Oral Surgery  
Silver Diamine Fluoride  
White Dental Fillings



Pediatric Dentist, Julia Richman  
DDS, MSD, MPH, FAAPD  
Diplomate, American Board of Pediatric Dentistry  
info@dinokidsdentistry.com



253-220-7345  
www.dinokidsdentistry.com