

## Tricks to Mind your Teeth!

Halloween might be different this year, but we still need to mind our teeth! Many of the food and drinks that we gorge on over Halloween are particularly damaging to the teeth. Avoid treats that tend to linger in the mouth, such as lollipops or chewy sticky sweets, as they will do the most damage.

### Limit treats to mealtimes – but make sure to eat your meal first!

Saliva production increases during meals, which helps rinse away sugar and can reduce the risk of tooth decay. Have a Halloween themed dinner so that kids eat a healthy meal first, there are lots of fun ideas for this!

Zombie Peppers <https://www.nhs.uk/change4life/recipes/scary-stuffed-peppers>

Dracula's Bloody Soup [https://www.bbc.co.uk/food/recipes/beetrootsoupwithfeta\\_13774](https://www.bbc.co.uk/food/recipes/beetrootsoupwithfeta_13774)

Pumpkin Soup [https://www.bbc.co.uk/food/recipes/pumpkinsoup\\_89904](https://www.bbc.co.uk/food/recipes/pumpkinsoup_89904)

As a treat - Frozen Banana Ghosts <https://www.bbcgoodfood.com/recipes/frozen-banana-ghosts>

Let your child to pick out a few favourites from the 'trick or treat' bag and enjoy them after dinner. You can also try to replace treats such as sweets and chocolate, with Halloween-themed fruit alternatives.

### Drink plenty of water

Drinking lots of water will rinse away the sugar after eating Halloween treats and will help to dilute any acid attacks caused by sugary snacks.

### Brush your teeth – but wait 30 minutes

After eating sweets, it is best to wait 30 minutes before brushing. The acids soften your enamel, so if you brush right after eating them, you risk damaging the enamel. Brush twice a day for 2-3 minutes with fluoride toothpaste, floss daily (you can start flossing children's teeth from 8 years old), and drink plenty of water.

So, what's it going to be Trick or Teeth??!!!

## The Fun Stuff

There is lots of free fun stuff to do for all age groups, most is available online from 10am Friday 30<sup>th</sup> October, as part of the Bram Stoker Festival. There are also some videos available from Macnas to help you make up your own stories and characters for your very own Halloween Parade at home! See <https://bramstokerfestival.com/categories/free/>

How about a game of Pass the Pumkin!

## Dress to Impress

Here are some great ideas that we love from kids around Ireland!  
<https://www.irishexaminer.com/lifestyle/people/arid-40070186.html>

## Not so Scary Exercises for Children and Adults!

A Frankenstein walk (2 arms stretched out)  
A Creeping Spider  
Soaring around like a Witch  
Jumpin' Jack O Lanterns  
Yoga Cat Stretch  
Use 2 small pumpkins or squashes as arm weights

A game of Pass the Pumpkin!



# BOO!