







Tricks, treats, and cavities

Children love candy but too many of these sugary treats can lead to cavities. Bacteria and sugar are the main causes of cavities. When combined, they produce acid which can damage the tooth's outer layer (enamel). When the damage is severe, a hole is made which is a cavity.

Simple steps to avoid cavities:

-  Offer treats after a balanced meal when increased saliva flow washes food away. Do not offer candy as a snack.
-  Avoid hard candies. They remain in the mouth for a long time. They can also damage dental work and orthodontic appliances.
-  Refrain from eating sticky candies. They stick between the teeth and inside the grooves.
-  Help your child brush and floss their teeth after treats. Do not wait until bedtime.

Finally, remember to supervise your child's sugar intake year-round and visit your dentist regularly.