

## SPOOKTACULAR SMILES:

HALLOWEEN ORAL HEALTH TIPS FOR CHILDREN & SCHOOL NURSES



## 4 SPOOKY STEPS FOR A HEALTHY HALLOWEEN SMILE FOR CHILDREN!



1. BRUSH YOUR TEETH
AFTER EATING
CHOCOLATES FOR 2
MINUTES USING A
TOOTHBRUSH AND
TOOTHPASTE!



3. LIMIT CANDY
CONSUMPTION BY
HAVING TREATS WITH
MEALS AND HAVE NO
MORE THAN 5 CANDIES
PER DAY!



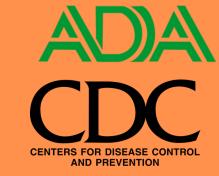
2. RINSE AWAY SUGAR:
RINSE YOUR MOUTH TO
WASH AWAY LEFTOVER
SUGAR FROM TEETH AND
FLOSS!



4. AVOID STICKY AND HARD CANDIES AS THEY INCREASE CHANCES OF TOOTH DECAY. CHOOSE CHOCOLATE INSTEAD BECAUSE IT MELTS FASTER IN YOUR MOUTH!



## HALLOWEEN ORAL HEALTH RESOURCES FOR SCHOOL HEALTH NURSES



CDC ORAL HEALTH FOR SCHOOLS

- EVIDENCE-BASED PROGRAMS AND SCHOOL SEALANT INITIATIVES FOR BETTER STUDENT ORAL HEALTH.
  - HTTPS://WWW.CDC.GOV/ORAL-HEALTH/INDEX.HTML

MCH ORAL HEALTH RESOURCE CENTER (OHRC)

FREE TOOLKITS, TIP SHEETS, AND FAMILY HANDOUTS FOR ORAL HEALTH EDUCATION.

MCHORALHEALTH.ORG

SMILES FOR LIFE ORAL HEALTH CURRICULUM
CONTINUING EDUCATION MODULES AND PRINTABLE MATERIALS FOR CLASSROOM USE.
SMILESFORLIFEORALHEALTH.ORG

ADHA ORAL HEALTH EDUCATION TOOLKIT

DOWNLOADABLE ACTIVITY SHEETS AND LESSON PLANS FOR ORAL HYGIENE IN SCHOOLS.

ADHA.ORG ORAL HEALTH TOOLKIT

USE INTERACTIVE
LEARNING TOOLS!
INCORPORATE ADA, CDC,
OR COLGATE CLASSROOM
RESOURCES: VIDEOS,
COLORING SHEETS,
"BRUSH-O-WEEN"
CHALLENGES- TO MAKE
ORAL HYGIENE FUN



**School of Public Health**Community Health Sciences

COLGATE PROFESSIONAL SCHOOL GUIDE

PRACTICAL TIPS FOR HOSTING ORAL HEALTH EVENTS AND CLASSROOM DEMONSTRATIONS.

COLGATEPROFESSIONAL.COM/EDUCATION