

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!

Colgate®

HALLOWEEN ORAL HEALTH RESOURCES FOR SCHOOL HEALTH NURSES

ADA
CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

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](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

COLGATE PROFESSIONAL SCHOOL GUIDE

 PRACTICAL TIPS FOR HOSTING ORAL HEALTH EVENTS AND CLASSROOM DEMONSTRATIONS.

 COLGATEPROFESSIONAL.COM/EDUCATION

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

