

Parents warned to limit children's sugar consumption during Halloween - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/parents-warned-limit-childrens-sugar-consumption-halloween/>

Details:

Parents warned to limit children's sugar consumption during Halloween - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 27 Oct 2014 Parents warned to limit children's sugar consumption during Halloween With Halloween fast approaching, parents have been warned that if the right boundaries are not established around the consumption of sweet treats, children's oral health will suffer in the long-term. "The ADA understands that sugary treats play a role on occasions such as Halloween, which is coming up. "However, we encourage sugary treats to only be consumed in moderation. Families should consider having a sugar break the week before and the week after, just to offset the sugar hits that will come on Halloween," says Professor David Manton, Vice-Chair of the ADA's Oral Health Committee. Research indicates that tooth decay in children is rising, with over half of 6 year olds experiencing tooth decay in their baby teeth, and by the time children reach 12, almost half have experienced decay in their permanent teeth. Professor Manton says: "There's a direct relationship between having sugary foods and drinks on a regular basis and tooth decay – in fact, it's the number one cause. "Kids who have tooth decay early in life are at considerable risk of having more dental disease later on in life. "However, tooth decay is entirely preventable." This Halloween, be aware but not alarmed of the Sugar Bandit. Put security measures in place such as: Limits on the amount of sugary treats children can have; Ensure that children do not snack on sugary treats over a long period of time; Ensure that children brush their teeth well before going to bed; Give children alternatives such as cheap toys and playing games – there are many other ways to have fun on Halloween in addition to sweets. Use this as an opportunity to be creative. The ADA's recent Dental Health Week introduced the theme of the 'Sugar Bandit' – as its way to educate parents and children about the risks of sugary food, and in particular how certain eating habits place oral health at risk. When preparing for Halloween, the ADA also warns parents to check the nutritional information of snacks that are marketed as 'healthy'. Many of these snacks are actually high in sugar and get stuck in children's teeth, increasing acid attacks which cause decay. Some of the major 'healthy' snack tricks the Sugar Bandit offers are: dried fruit, biscuits (sweet and savoury), fruit juice, muesli bars, crackers, children's cereals, flavoured milk, sweetened yoghurt, fruit bars, fruit slice, flavoured popcorn, canned fruit, baked goods and banana bread. "This Halloween children can still have their treats and lots of fun provided we teach them the right healthy eating tricks," says Professor Manton. This article first appeared on the Australian Dental

Association website . Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now