

Healthy Living

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The fun is over, but dangers still lurk from Halloween

Halloween is a time of fun, but there can be some dangers associated with it.

The guardians of little ghosts and goblins may want to know that Halloween treats such as hard candies, nuts and popcorn should not be given to children four years of age and under. Toddlers and young children can choke on these foods. They may be able to bite into foods easily, but are unable to chew and swallow properly. Foods and candies that are small, round and smooth can block a child's windpipe. Ensure your toddler and young child is sitting upright— not lying down, running or playing— while eating snacks. Always supervise young children when they are eating.

The sugars in candies, chocolate bars, granola bars, etc. combine with the bacteria in the mouth to form acids. Each time sugary foods are eaten, the teeth are exposed to acids which break down tooth enamel. Acid attacks can eventually cause tooth decay. Ideally, teeth should be brushed immediately after eating sugary foods.

HEALTH NOTES

Even though a ghost or goblin can eat treats at any time, it is best to plan the times when sweets are eaten. Instead of snacking on them throughout the day, offer them following a meal, or as a dessert when brushing can follow. This also ensures that ghost or goblin receives all the nutrients provided by the meal, instead of becoming filled up with snacks before lunch or dinner.

Avoid sending the sticky, sweet snacks to school. These remain on tooth surfaces for a long time. This also includes foods such as raisins. Save these to eat at home and brush afterwards.

For more information about dental health, call Halton Region Health Department, 878-8113 or 853-0501.

Health Notes is prepared by the staff of the Halton Region Health Department.

Halton Pride Committee seeks volunteers

Halton Pride Committee is looking for new members from the Halton and surrounding communities.

The group was founded to support Lesbian, Gay, Bisexual and Transgendered Pride in Halton Region.

The committee is planning its second annual Gay Pride Day— the first attracted about 400 people last summer. The second annual is planned for June 2, 2001 in Bronte Creek Provincial Park, and the committee is looking for help to organize fund-raising events throughout the year and to plan the day.

If anyone has experience with fund-raising, promotion, organizing or just want to connect with other community members, call Jean Clipsham at (905) 825-6065 or e-mail: info@haltonpride.com. The group's Web site is www.haltonpride.org.

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Do you like shopping?— Become a volunteer

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ANNOUNCEMENT

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