

## Halloween... So much sugar! What to do?

Kids like sweets, and most Halloween candy is sweet (there's always an exception... enter salty chips!) Here are some tips to help your kids not be obsessed:

- \* Use neutral language. Don't call sugary foods "special", "poison" or "treats". Just call them by their name... gummy worm, chocolate bar, lollipop, etc.
- \* Serve it with a meal whenever possible to avoid sugar crashes.
- \* Say "no" sometimes. As a parent, it's your job to decide what foods are served. It's your kid's job to decide if they will eat it and how much.
- \* Don't use it as a reward, for example "You have to finish your broccoli to get a candy". This places sugary foods on a pedestal and makes them more desirable.
- \* Give your kids an option: "Do you want your chocolate bar with lunch or dinner?" Giving your kids a say can be helpful in reducing battles.
- \* Reduce the amount of Halloween candy you have in the house—visit less houses on Halloween night, throw out kinds you know your kids don't like, trade in candy for a small toy, book or some stickers.



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