

World Oral Health Day Newsletter

**World Oral
Health Day**
20 MARCH 2026



What is World Oral Health Day?

World Oral Health Day encourages everyone to care for their oral health by sharing helpful information, practical tips, and support for a healthy smile.

#HAPPYMOUTH



Why is World Oral Health Day important?

Oral diseases are a widespread health concern that can affect people at every stage of life.

Oral diseases may cause discomfort, social isolation, and a loss of self-confidence, and are frequently linked to other serious health problems.

However, most oral health conditions are preventable and can be effectively treated when identified early. Good oral hygiene, regular dental visits, and a healthy lifestyle can significantly help prevent unnecessary pain.

Key message this year!

2026 raises awareness about the importance of caring for your mouth at every stage of life - from birth through later years.



A happy life starts here.

[WATCH VIDEO](#)

HOW TO KEEP YOUR SMILE HEALTHY

Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE?

Follow Toothie's tips to keep your smile strong and you feeling great every day!



BRUSH EVERY MORNING AND NIGHT



Use a **fluoride toothpaste**.



Brush all the sides and surfaces of your teeth for **2 minutes**.



After brushing, spit **don't rinse**.

VISIT THE DENTIST REGULARLY



The dentist will ask you to **open your mouth wide**.



The dentist will check your **teeth are growing properly**.



The dentist will give you advice on how to keep your teeth clean.

EAT HEALTHY FOOD AND AVOID SUGARY DRINKS



Too much **sugar is bad** for everyone.



Sugary drinks and foods between meals can cause holes in your teeth if you have them too often.



Our mouths and bodies are stronger and happier when we have healthy food and drinks.



SCAN ME

Scan the QR code or click on Buddy, to find a dentist



#HAPPYMOUTH

CELEBRATE A HEALTHIER, happier life with us

How to get involved in World Oral Health Day?

Make a Pledge:

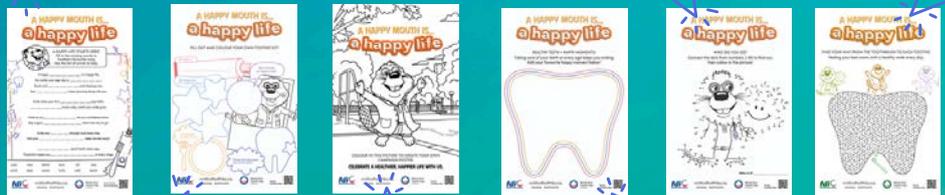
Commit to better habits, such as brushing twice daily, reducing sugar intake, or make a dental appointment.

Have conversations about oral health.

Rather than just saying "brush your teeth," explain that it removes the bugs that cause toothaches, and decay, which helps maintain a bright, healthy smile.

Share resources with the children you support.

Use dedicated coloring sheets and activities to teach kids about oral hygiene,



Use Storytelling and Play:

Read books about visiting the dentist and use toys to practice brushing



Sing Along:

Participate in the #BrushandBoogie campaign by sharing the official, catchy campaign song on social media.



You can follow Community Dental Services-CIC Social Media Pages... Facebook, Instagram and X (Twitter) to re-share, like or download any of our content and place on your pages or on your own communication platforms. Please feel free to 'Tag' us in!

We also have our own YouTube Page with some great videos to share.

Facebook - <https://www.facebook.com/CommunityDentalServices>

Instagram - <https://www.instagram.com/communitydentalservices/>

X (Twitter) - <https://twitter.com/home>

YouTube - [CDS Oral Health Improvement - YouTube](#)

Community
Dental
Services

Want to learn more about children's oral health?

Attend free oral health training from The Nottingham Oral Health Team, scan the QR code, or click on Buddy for up and coming dates in 2026.

