World Oral
Health Day
20 March

fdi
FDI World Dental Federation

BE PROUD
OF YOUR MOUTH
Learn good oral health habits from Toothie

Toothie says...

It is really important to look after your teeth and mouth because germs can cause toothache, tooth decay (dental caries) and holes in your teeth.

Brush every morning and night

- Use a fluoride toothpaste and a soft-bristled toothbrush. Make sure your toothbrush is not worn out as then it will not clean your teeth properly.

- Gently move the brush in tiny circles for two minutes.

Did you know?

A healthy mouth helps protect your body too.

- Remember to brush all sides of your teeth: the outside, the inside, and the chewing surfaces.

- Spit out the toothpaste but don't rinse with water straight after brushing. This can wash the fluoride away, which helps to protect your teeth.

- Never snack after brushing your teeth at night. Going to bed with a clean mouth is very important. Otherwise, germs stick to your teeth all night.

Visit the dentist regularly

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

- He or she will then check your teeth are growing nicely.

- The dentist will also help you keep them clean and healthy.
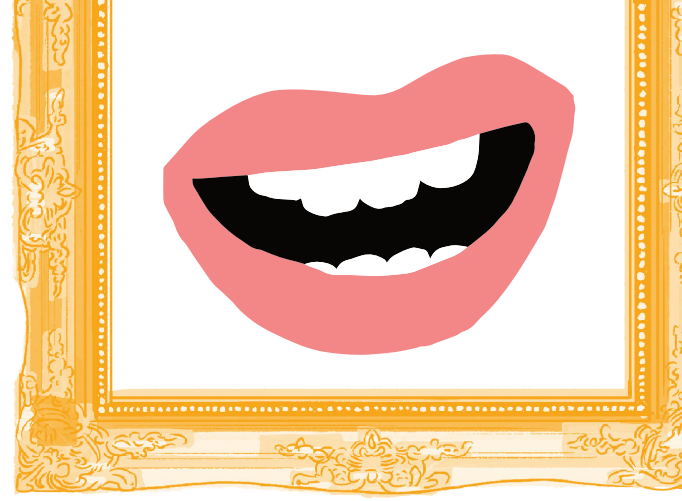
Eat healthy foods and drinks

- Too much sugar is bad for everyone.

- Sugary juices and unhealthy snacks between meals can cause holes in your teeth if you have them too often.

- Our mouths and bodies are healthier and stronger when we choose healthy foods and drinks.

Good oral health can help you live a longer, healthier life

For more information, visit **www.worldoralhealthday.org**
#MouthProud #WOHD21