



**World Oral Health Day**  
20 March



# World Oral Health Day

## A happy mouth is a happy mind!



### A healthy mouth helps children to:

- Talk
- Eat and enjoy different food
- Socialise
- Attend school and learn
- Have more confidence and self esteem



### The effects of dental decay:

- Pain and discomfort
- Sleepless nights
- Trouble eating
- Time off from school



### Children under the age of 7 should:

Use fluoride toothpaste

Brush twice a day

Spit, don't rinse after toothbrushing

Children under 7, may need help from an adult when brushing teeth

**3 years +**  
a pea-size amount  
of toothpaste



For more advice on children's toothbrushing in English and other languages please visit:



[bspd.co.uk/Patients/PatientInfo](https://bspd.co.uk/Patients/PatientInfo)

**World Oral Health Day Website:**



**Under 3 years of age**  
a smear amount  
of toothpaste

