

Brent Oral Health Promotion Team- National



What Is National Smile Month?

Brent Oral Health Promotion team are passionate about great oral health, and that's why we are supporting National Smile Month.

From the 13 May until 13 June dental professionals from around the country, along with various other organisations, are placing a focus on the importance of oral hygiene and of taking great care of your teeth in the longest-running and largest campaign of its type in the UK.

This year's theme - Love Your Smile!

If you would like to take part in national smile month, please see link below.

<https://www.dentalhealth.org/national-smile-month-2024>

Top Tips

LOVE YOUR SMILE BY
**BRUSHING YOUR TEETH
TWICE A DAY WITH A
FLUORIDE TOOTHPASTE**

#LOVEYOURSMILE

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG

LOVE YOUR SMILE BY
**SPITTING OUT THE
TOOTHPASTE AFTER
YOU BRUSH. DON'T BE
TEMPTED TO RINSE YOUR
MOUTH OUT WITH WATER**

#LOVEYOURSMILE

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LOVE YOUR SMILE BY
**VISITING THE DENTIST
REGULARLY, AS OFTEN
AS THEY RECOMMEND**

#LOVEYOURSMILE

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LOVE YOUR SMILE BY
**CUTTING DOWN ON HOW
MUCH AND HOW OFTEN
YOU HAVE SUGARY
FOODS AND DRINKS**

#LOVEYOURSMILE

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X @Brights73956475 Oral health web page

<https://www.whittington.nhs.uk/default.asp?c=42319>