



National Smile Month is the largest and longest-running campaign to promote good oral health.

Between 18 May and 18 June 2020, National Smile Month will be sharing positive messages and engaging others to develop and maintain a healthy mouth

Sharing a smile can be such a powerful thing to do.

It can be a sign of friendship, trust, togetherness and love.

It's also a sign of good oral health.

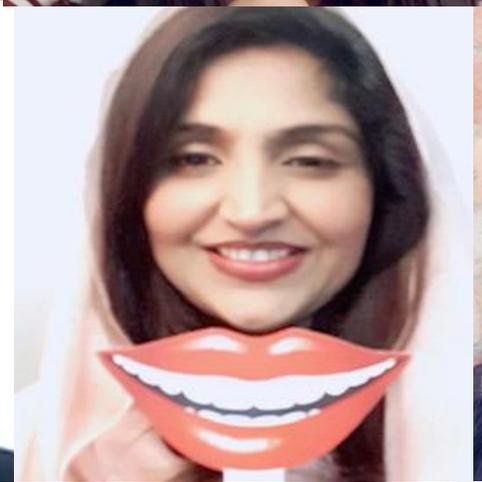
That's why, during National Smile Month, **we want to collect as many smiles as possible**

National Smile Month is the perfect chance to share your smile and promote the importance of having a healthy mouth.

<https://www.dentalhealth.org/Pages/Site/national-smile-month/Category/national-smile-month-activities>



Meet our Oral Health Team from
Whittington, Brent, Uxbridge, Ealing, and
Harrow



Ealing OHP





Facts About A Smile

A healthy smile can truly transform our visual appearance,

Babies smile in the mother's womb and straight after birth.

A new-born will smile mainly in their sleep- 6 weeks are needed before the 1st smile appears while awake.

A smile, even fake, makes the body produce endorphins and helps for a good mood. A smile is infectious.

A smile can prolong life by brushing our teeth twice daily, maintaining a low-sugar diet and regular visits to our dentist; we can reduce the risks of diseases for example: Tooth decay and gum disease both of which can result in tooth loss.

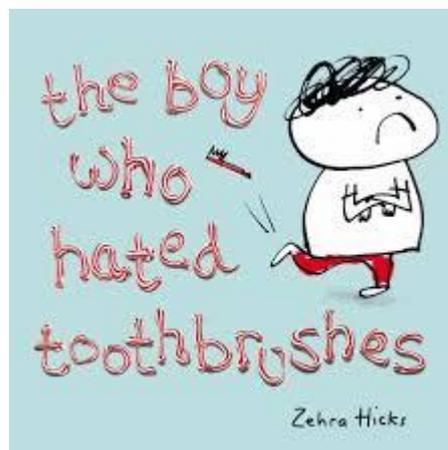
Research has found that the number of teeth we have is a strong link to how long we may live. Those with 20 teeth or more at the age of 70 had a considerably higher chance of living longer than those with less than 20 teeth.

Tooth loss through dental decay and gum disease are almost entirely preventable and there's no reason why, with a good daily oral health routine, we cannot keep our teeth for life.



Tooth Brushing

- Use fluoride toothpaste when you brush your teeth twice a day (the brand of toothpaste does not matter).
 - Children aged 0-3 should be using a smear of toothpaste that contains at least 1000ppm of fluoride (a smear is a thin layer of toothpaste).
 - Children over the age of 3 should be using toothpaste that contains 1450ppm of fluoride, only use a pea size amount of toothpaste, they do not have to use a special children's toothpaste, and family toothpaste is fine as long as it contains 1450ppm fluoride.
 - Fluoride helps to prevent tooth decay; it strengthens the tooth enamel and can be found in toothpaste and in some mouthwashes.
 - Remember: Brush, spit and do not rinse the mouth



Signed Story

<https://www.dropbox.com/s/xs9i1k2oxpfk5o0/Tooth%20Brushing%20Story%20with%20Signing.wmv?dl=0S>



Free e-learning

Free e-learning programme is aimed at parents, expectant mothers, early year's team, teachers, nurses, GPs and the public for information and advice on children's oral health:

<https://www.e-lfh.org.uk/programmes/childrens-oral-health>

BARTS also has a full tooth brushing demonstration film and complete resource pack:

https://e-bug.eu/junior_pack.aspx?cc=eng&ss=2

Dr Ranj link to brushing teeth

<https://www.youtube.com/watch?v=Yf4wVAcbY5E>

Frequency Ask Questions:

How can I get an emergency dentist appointment for my child?

Because of coronavirus (COVID-19) all routine dental treatment have been stopped. Call your dentist if you need urgent dental treatment. Call 111 if you do not have a dentist or cannot contact your dentist, you will be triaged by a dental nurse and given an appointment if you need to be seen.

<https://www.nhs.uk/common-health-questions/dental-health/how-can-i-access-an-nhs-dentist-in-an-emergency-or-out-of-hours/>

What if I'm worried about my children's mental health?

Good Thinking provides mental health and wellbeing advice for parents in London. They also have specific resources for autism, eating disorders and ADHD:

<https://www.goodthinking.uk/coronavirus/advice-for/>

