

World Oral Health Day: 20th March 2021

Activities for teens and adults



Good oral health includes brushing, flossing and keeping bacteria under control. Without proper oral hygiene, bacteria levels can rise causing infections such as gum disease and tooth decay.

We must look after our mouths and particularly our teeth. Teeth help us chew and digest food, and they also give our face its shape. Teeth also give us confidence to smile.

Getting to know oral health

Facts and advice about oral health and teeth from the World Dental Federation:

-  [Practice a good oral hygiene routine](#)
-  [Oral Health Fact Sheet](#)
-  [Eat a balanced, low sugar diet](#)
-  [Protect your mouth during the COVID-19 pandemic](#)

Oral health for teens

-  [Life stages of oral health](#) - a short video about the stages of oral health for teenagers
-  [Braces cleaning routine](#)

Oral health for parents/carers

Keeping your child's mouth and teeth clean is important. These videos can help you protect their oral health as they grow:

-  [Growing up with healthy teeth](#)
-  [Oral health awareness](#)



Shop Smart

Get the [Change4Life Free Food Scanner App](#). You can scan barcodes and find out what's inside popular snacks and drinks. You could use it to choose tasty options that are better for your oral health.



World Oral Health Day - Be Proud of Your Mouth

[Find out what World Oral Health Day have been doing to promote good oral health.](#)



Oral health easy-read information

[Brushing our teeth](#)

[Caring for our teeth](#)

[Having your teeth cleaned at the dentist](#)



Support from Change Makers with oral health and healthy lifestyles

If you're a parent/carer with concerns about your child's oral health, or other elements of their lifestyle such as weight or diet, you can get free support from the Change Makers team. To find out more, contact the School Health and Wellbeing Office on 03300 245 204 or email on warwickshireschoolhealth@compass-uk.org. You can also check out the Change Makers [Facebook page](#).

Young people age 11-19 looking for support with oral health and healthy lifestyles can text a nurse via ChatHealth - the number is **07507 331 525**. This service is confidential and free.