

# FACT SHEET FOR CHILDREN

**SAY Ahh**  
UNITE FOR MOUTH HEALTH

## WHY YOU SHOULD PLEDGE THIS WORLD ORAL HEALTH DAY

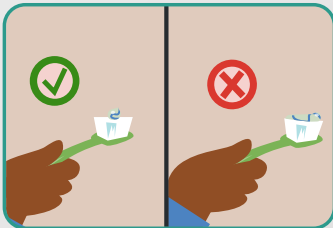
It is really important to look after your mouth.  
A healthy mouth is important for a healthy body.

### WHAT WILL YOU PLEDGE TO DO?



## MAKE A PLEDGE TO PROTECT YOUR MOUTH

### PLEDGE TO BRUSH EVERY MORNING AND NIGHT



Use a pea-sized dab\* of fluoride toothpaste. Fluoride toothpaste helps keep your teeth strong.



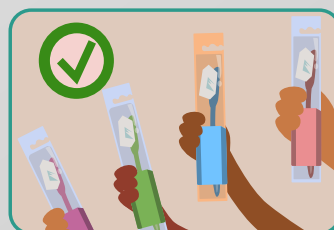
Brush gently in a circle for two minutes. Make sure you brush every tooth – front, back and all-round.



Spit but do not rinse with water at the end. This stops the fluoride that protects our teeth from being washed away.

### PLEDGE TO CHANGE YOUR TOOTHBRUSH OFTEN

You need to change your toothbrush every 3 months.  
A worn-out toothbrush won't clean your teeth properly.



### PLEDGE TO VISIT THE DENTIST EVERY YEAR

The dentist checks your teeth are growing properly and makes sure they are clean and healthy.



### PLEDGE TO 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. This can lead to holes in your teeth.



### PLEDGE TO MAKE HEALTHY CHOICES

Too much sugar is bad for everyone. Our mouth and body are healthier and happier when we choose healthy foods and drinks.



**This World Oral Health Day,  
we want everyone to Unite for Mouth Health  
because a healthy mouth enables us to ENJOY LIFE...  
and that's something definitely worth pledging for.**

\*Children younger than 3 use rice-sized fluoride toothpaste; Sugar in this document refers to free sugars that are added to foods and drinks by the manufacturer, cook, or consumer, and sugars naturally present in honey, syrups, fruit juice and fruit juice concentrates. It does not refer to sugar that is naturally present in fruits, vegetables and milk.

DISCLAIMER: this information is based on FDI global recommendations and national guidelines may differ, so please consult with your dentist or National Dental Association to ensure they comply with local recommendations.