

A HAPPY MOUTH IS... **a happy life**

RAISE AWARENESS ABOUT THE IMPORTANCE
OF CARING FOR YOUR MOUTH AT EVERY AGE



**World Oral
Health Day**
20 March

worldoralhealthday.org
#WOHD26 #HappyMouth

fdi 
FDI World Dental Federation

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Feeling your best starts with a healthy smile, every day, at every age. Here are some reasons why.



ORAL HEALTH FOR BABIES & TODDLERS

A baby's mouth is where smiles, giggles, and first words begin. Keeping it healthy helps them grow, connect, and explore their new world with joy.



ORAL HEALTH FOR CHILDREN & TEENS

Strong, healthy teeth help children and teens eat well, speak clearly, discover new tastes, and shine with confidence as they grow.



ORAL HEALTH FOR ADULTS

Your smile is part of who you are. A healthy mouth supports your whole body and makes everyday moments brighter whether sharing a meal, chatting with a friend, or laughing with loved ones.



ORAL HEALTH FOR SENIORS

Healthy teeth and gums help you stay well, enjoy the foods you love, and keep your independence so you can live life to the fullest, with a smile.

For more information and support:
wohd.org/resources

