

# 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](http://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](http://wohd.org/resources)

