

Hillingdon Oral Health

Bite size News

National Smile Month Edition 18th May – 18th June 2020

June 2020

5th edition

National Smile Month is the largest and longest-running campaign to promote good oral health. Between 18th May and 18th June 2020, National Smile Month will be sharing positive messages and engaging others to develop and maintain a healthy mouth.

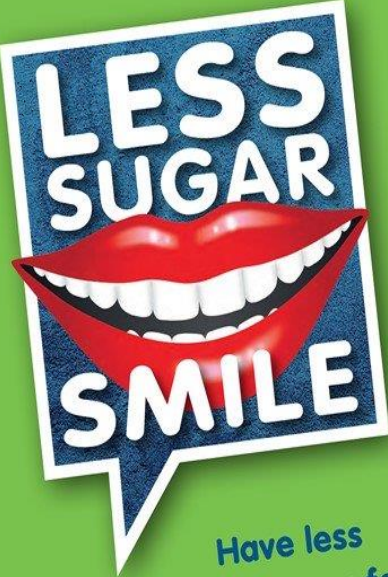
Brush your teeth last thing at night and at one other time during the day with a fluoride toothpaste #smile #SmileMonth

'Breastfeeding Celebration Week' will take place during the week 1st – 7th June 2020. The theme will be 'Promoting and supporting breastfeeding during the Covid-19 pandemic'




Here to answer your breastfeeding questions, 24/7

Search Start4Life to see all the support available.



Have less sugary foods and drinks



National Smile Month
18th May - 18th June 2020
www.smilemonth.org
Oral Health Foundation

For more information about National Smile Month please visit the Oral Health Foundation: www.dentalhealth.org and <https://www.dentalhealth.org/how-to-clean-your-teeth>

For more information and help on breastfeeding visit: <https://www.nhs.uk/start4life/baby/breastfeeding/your-questions-answered/> or <https://www.unicef.org.uk/babyfriendly/about/benefits-of-breastfeeding/>

During the Covid 19 Pandemic if you need emergency dental treatment please either contact your local Dentist or call NHS 111