

Promote awareness about oral health in your community by using our celebration ideas or your own creative concepts. Even picking just one activity to take our message out into the

community will make a difference, raising the

Celebration Ideas

Oral Health Month & National Dental Hygienists Week (NDHW)

profile of the profession and highlighting the value of dental hygienists. Check out all the supporting materials and

resources at www.cdha.ca/NDHW that can help you carry out your events.



In your office

Label all out-going mail

Smiles bulletin board -

posting all your clients'

Hand out NDHW Smile

Certificates to children.

screen saver or video

waiting room/operatory

themed day at the clinic.

Download NDHW

and put it on clinic

screens/monitors.

Plan a "toothfairy"

with NDHW stickers.

Construct a Wall of

healthy smiles (with

permission).



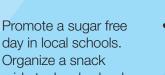
In your



- Ask your local library or bookstore to set up a display featuring oral health themed books.
- Ask local hotels, malls or other businesses to announce Oral Health Month or NDHW on their outdoor billboards.
- Visit your local arena to host a mouthguard fitting session.
- Supply oral health info flyers to local stores to be included in shopping bags.



In schools



- raid at a local school, examining, recording then discussing nutrition and oral health.
- Visit high school health classes to talk about risky behaviors like smoking, oral piercing, HPV.
- Prepare a Teacher's Kit with activity and fact sheets about childhood oral health issues and deliver it to local schools.



Online & Media

- Record and post a YouTube video on proper brushing and flossing techniques.
- Inform local radio and television stations about Oral Health Month and NDHW and offer to be interviewed on air.
- Ask the local newspaper to publish an oral health fact of the day/week during NDHW or the month of April.



Check out www.cdha.ca/NDHW for the full list of celebration ideas.

Be sure to share whatever you do with marketing@cdha.ca so you can make this list next year and be considered for one of our awards.

Good Luck & Have Fun!





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