



Smile!
It's National
Smile Month

May Oral Health Newsletter

Community
Dental
Services

Hello Partners!

May 15th - June 15th is National Smile Month and this year's theme is **'Brush for Better Health!'** To get ***you and the children*** involved, we are also running a NSM Bingo competition! All the details and the bingo card are attached to this email. Please get involved and you could be in with a chance of winning a wonderful prize!

If you haven't already, you can follow us and re-share/re-tweet our posts from Facebook and Twitter, each week will have a different theme.

Please find the original files for this information attached to the email with the blurbs to go with them in the main body of the email for you to share easily on all platforms.

Happy Sharing!! Oxon OHIMP Team

To follow us on
Facebook, scan the
QR code



To follow us on
Twitter, scan the QR
code



Scan here for
free National Smile
Month downloads:



Scan here for NSM
resources to buy:



Our National Smile Month competition!

CDS National Smile Month Bingo!

National Smile Month
16th May 2023 - 16th June 2023



CDS Oxfordshire OHIMP and OCC Early Years Team are inviting all Early Years settings to celebrate National Smile Month by taking part in our NSM Bingo!

There is a lovely Oral Health themed prize for the setting who can complete all tasks below to get a "full house". The winning setting must also provide photo evidence for as many activities as possible. To enter, you simply need to take a photo of the activity being carried out (don't forget to get photo permission if needed) and you can submit in one of 3 ways:

- Send directly to us at sasha.boston@cds-cic.co.uk with the date you completed the challenge and setting name
- Download a copy of this bingo board and insert the photos into the squares
- Add on social media with the hashtag #CDSNationalSmileMonthBingo

There will also be some smaller prizes up for grabs if a setting can complete ONE or TWO lines in the grid below (4 squares in a row - this can be horizontally, vertically or diagonally from corner to corner).

All entries will need to be submitted by **23rd June**, and the winner(s) will be announced and contacted by the end of the month to arrange delivery of the prizes.

Sort foods into tooth friendly and tooth unfriendly	Make an oral health display	Watch a brushing video like Hey Duggee	Colouring in activities linked to OH - CDS, Twinkl etc.
Read or listen to Open Wide What's Inside and discuss	Sing a toothbrushing song	Give out brushing charts to do at home - prize for returned ones	How can we celebrate birthdays without hurting our teeth?
What makes a tooth friendly lunch box - look inside, choose tooth, get shopping	Make some tooth friendly savoury snacks	Discuss the right brushing routine - spit don't rinse	Guess the two min game - how long is two mins? How many star jumps, throws, lengths of garden can you do in two mins
Sign up (if you haven't already - email to find out more) and share some OH information from CDS newsletter with families	Share some oral health learning with families or staff of the school	Set up a dentist role play area	Taste some new fruit and veggies using Taster's resources

Scan here for
NSM
activities for
schools:

