



# Celebration Ideas

## Oral Health Month & National Dental Hygienists Week (NDHW)

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

profile of the profession and highlighting the value of dental hygienists.

Check out all the supporting materials and resources at [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) that can help you carry out your events.



### In your office

- Label all out-going mail with NDHW stickers.
- Construct a Wall of Smiles bulletin board – posting all your clients' healthy smiles (with permission).
- Hand out NDHW Smile Certificates to children.
- Download NDHW screen saver or video and put it on clinic waiting room/operator room screens/monitors.
- Plan a "toothfairy" themed day at the clinic.



### In your community

- 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

- Promote a sugar free day in local schools. Organize a snack 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](http://www.cdha.ca/NDHW) for the full list of celebration ideas.

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

**Good Luck & Have Fun!**

