



San Bernardino County

# National Children's Dental Health Month

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Public Health



### Smile San Bernardino County

#### National Children's Dental Health Month Social Media Guide 2025

Follow the San Bernardino County Department of Public Health (DPH) and Smile SBC on the following social media platforms:



Tik Tok: @smilesbc\_dph



Facebook: @smilesbc\_dph and @SBCPublicHealth



Instagram: @smilesbc\_dph and @SBCCountyDPH

There are two ways to promote the following National Children's Dental Health Month materials:

1. Visit our website at [www.smilesbc.org](http://www.smilesbc.org) and download our social media images and posts to share.
2. Share the posts from DPH platforms to your organization's social media pages after Smile SBC posts them to the platforms. Check our platforms the day of or after the dates listed with the images below for the new posts.

How to use Smile SBC Social Media Guide:

- Post the social media photos at least once a week according to the dates. You do not have to post everything in this social media guide.
- Copy and paste text along with the photos in the appropriate fields for posting.
- Add your own relevant hashtags (#) to the text. Suggested hashtags include, but are not limited to:

#OralHealth

#NationalChildrensDentalHealthMonth

#NCDHM

#NCDHM2025

#PublicHealth

#SmileSBC

#SmileSBC2025

- Posting and resharing at least once a day increases user engagement of posts.



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## NCDHM Social Media Posting Guide Week 1 – Monday, February 3, 2025



February is National Children's Dental Health Month! It's the perfect time to teach proper oral health habits for you and your family. Be sure to prioritize brushing, flossing, and regular dental check-ups to keep those smiles healthy and bright.  
#NCDHM #OralHealth  
#PublicHealth #smileSBC  
#SmileSBC2025



¡Febrero es el Mes Nacional de la Salud Dental de los Niños! Es el momento perfecto para enseñar hábitos adecuados de salud bucal para usted y su familia. Asegúrese de priorizar el cepillado, el uso de hilo dental y los controles dentales periódicos para mantener esas sonrisas saludables y brillantes.  
#NCDHM #SaludOral  
#SaludPública #smileSBC  
#SmileSBC2025



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NCDHM Social Media Posting Guide Week 1 – Tuesday, February 4, 2025



Cavities are caused by built up bacteria and plaque. Make sure you and your family are brushing twice a day and visiting the dentist every 6 months. For more information about finding a local dentist, visit [www.smilesbc.org](http://www.smilesbc.org).  
#NCDHM #OralHealth  
#PublicHealth  
#smileSBC #SmileSBC2025



Las caries son causadas por la acumulación de bacterias y placa en los dientes. Para proteger la salud bucal de su familia, asegúrese de que todos se cepillen los dientes dos veces al día y visiten al dentista cada seis meses. Para obtener más información sobre cómo encontrar un dentista local, visite [www.smilesbc.org](http://www.smilesbc.org)  
#NCDHM #SaludOral  
#SaludPública #smileSBC  
#SmileSBC2025



NCDHM Social Media Posting Guide Week 2 – Monday, February 10, 2025



Once a child is 6 years old, teach them to use only a pea-sized amount of fluoride toothpaste. For children under 6 years of age, use a rice-sized amount.

#NCDHM #OralHealth  
 #PublicHealth  
 #smileSBC #SmileSBC2025



Una vez que el niño tenga 6 años, enséñele a usar sólo una cantidad de pasta dental con flúor del tamaño de un guisante. Para niños menores de 6 años, utilice una cantidad del tamaño de un arroz.

#NCDHM #SaludOral  
 #SaludPública #smileSBC  
 #SmileSBC2025

NCDHM Social Media Posting Guide Week 3 – Monday, February 17, 2025



Healthy smiles start at home with your family. Make sure everyone is brushing twice a day and flossing at least once a day.  
#NCDHM #OralHealth  
#PublicHealth  
#smileSBC #SmileSBC2025



Sonrisas saludables empiezan en casa con su familia. Asegúrese de que todos se cepillen los dientes dos veces al día y utilicen hilo dental al menos una vez al día.  
#NCDHM #SaludOral  
#SaludPública #smileSBC  
#SmileSBC2025



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## NCDHM Social Media Posting Guide Week 4 – Monday, February 24, 2025



A bright smile leads to a bright future. Taking care of your teeth is not just about a beautiful smile. It includes taking care of your well-being. Eat a colorful diet, exercise, and drink plenty of water.  
#NCDHM #OralHealth  
#PublicHealth  
#smileSBC #SmileSBC2025



Una sonrisa brillante conduce a un futuro brillante. Cuidar sus dientes no se trata sólo de una hermosa sonrisa, sino que también incluye cuidar su bienestar. Consuma una dieta colorida, haga ejercicio y beba mucha agua.  
#NCDHM #SaludOral  
#SaludPública #smileSBC  
#SmileSBC2025