



smile^{SBC}

February 2024



**San Bernardino County
National Children's Dental Health Month
Social Media Guide**

smilesbc.org

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Public Health



Smile San Bernardino County

National Children's Dental Health Month Social Media Guide 2024

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 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

#NCDHM2024

#PublicHealth

#SmileSBC

#SmileSBC2024

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



Public Health



NCDHM Social Media Posting Guide Week 1 – Thursday, February 1, 2024



February is National Children’s Dental Health Month! To maintain a healthy smile, brush your teeth twice a day, floss every day and visit the dentist as recommended. To learn more, please visit our website at www.smilesbc.org. #NCDHM #oralhealth #publicHealth #smileSBC #SmileSBC2024



¡Febrero es el Mes Nacional de la Salud Dental de los Niños! Para mantener una sonrisa saludable, cepille sus dientes dos veces al día, use hilo dental todos los días y visita el dentista según lo recomendado. Para obtener más información, visite nuestro sitio web en www.smilesbc.org. #NCDHM #saludoral #saludpública #smileSBC #SmileSBC2024

NCDHM Social Media Posting Guide Week 1 – Friday, February 2, 2024



How do you properly brush your teeth and for how long should you brush for?

Babies first teeth are just as important as their adult teeth. Make sure to help your child brush for a full two minutes and use only a pea size amount of toothpaste. Watch a demonstration from Dental Assistant, Antonette James-Ray. To learn more tips to protect your child’s teeth, visit our website at www.smilesbc.org and swipe for more information on brushing. #NCDHM #oralhealth #publichealth #smileSBC #SmileSBC2024

¿Cómo se cepilla los dientes correctamente y durante cuánto tiempo se deben cepillar?

Los primeros dientes de los bebés son importantes como los dientes permanentes. Ayude a su hijo cepillarse los dientes por un mínimo de dos minutos y use solo una cantidad de past dental del tamaño de un chicharo. Mire un breve clip de la asistente dental, Antonette James-Ray. Para aprender mas sobre como proteger sus dientes, visite nuestro sitio web en www.smilesbc.org y deslice para obtener más información sobre cepillar los dientes.

#NCDHM #saludoral #saludpública #smileSBC #SmileSBC2024





NCDHM Social Media Posting Guide Week 1 – Friday, February 2, 2024



Video attachment:

This will be on the same post as a first slide (Instagram carousel) with the image on page 3.

Video description: This is a short clip from Antonette from our county dental team on tips for brushing. This will include a demonstration on how to brush with a soft bristle toothbrush and how often you should brush your teeth.

NCDHM Social Media Posting Guide Week 2 – Monday, February 5, 2024



Eating colorful foods with very little sugar



fruits, proteins, grains, vegetables, dairy



Comer alimentos coloridos con muy poca azúcar.



frutas, proteínas, granos, verduras, lácteos

What would be considered a balanced meal?

Too many sugary drinks can increase the risk of cavities. Drinking water as an alternative and having a colorful diet can benefit your teeth and overall health. To learn more, visit our website at www.smilesbc.org and myplate.gov. Swipe for some healthy foods and drinks from our registered dietician Alejandra Sanchez, MPH, RDN.
#NCDHM #oralhealth
#publichealth
#smileSBC #SmileSBC2024

¿Qué se consideraría una comida equilibrada?

Demasiadas bebidas azucaradas aumentan el riesgo de caries dentales. Beber agua como alternativa y tener una dieta saludable son de gran beneficio para sus dientes y su salud entera. Para mas informacion, visite nuestro sitio web en www.smilesbc.org y myplate.gov. Descubre alternativas saludables junto con nuestra dietista registrada, Alejandra Sanchez, MPH, RDN.
#NCDHM #saludoral #saludpública
#smileSBC #SmileSBC2024

NCDHM Social Media Posting Guide Week 2 – Monday, February 5, 2024



Video attachment:

This will be on the same post as a second slide (Instagram carousel) with the image on page 5.

This is a short clip from Alejandra, MPH, RDN from our county nutrition team on tips about healthy eating and how it can affect your oral health. This will include some healthy snack alternatives for children and balanced meal tips.

NCDHM Social Media Posting Guide Week 3 – Monday, February 12, 2024



What are the steps to floss your teeth?

Brushing only cleans the surfaces of your teeth. Flossing helps clean out the food in between your teeth. Not sure how to floss? Swipe right to watch a video demonstration from Dental Assistant, Antonette James-Ray.

#NCDHM #oralhealth
#publichealth
#smileSBC #SmileSBC2024



¿Cuáles son los pasos para usar hilo dental?

Cepillarse sólo limpia las superficies de los dientes. Para limpiar la comida entre los dientes use hildo dental. ¿No estás seguro de cómo usar hilo dental?

Deslízate hacia la derecha para ver un video de nuestro asistente dental, Antonette James-Ray.
#NCDHM #saludoral
#saludpública
#smileSBC #SmileSBC2024



NCDHM Social Media Posting Guide Week 3 – Monday, February 12, 2024



Video attachment:

This will be on the same post as a second slide (Instagram carousel) with the image on page 7.

Video description: This a short clip from our county dental team demonstrating tips for flossing. This will include how to floss and how often you should floss your teeth.



NCDHM Social Media Posting Guide Week 4 – Monday, February 19, 2024



Whats a good drink to stay hydrated?

Taking care of your oral health also includes your physical health. Paying attention to what nutrients and beverages you put into your body after exercising can make a difference. Here are some tips and tricks on beverage ideas from our registered dietician Alejandra Sanchez, MPH, RDN.

#NCDHM #oralhealth
#publichealth #smileSBC
#SmileSBC2024

¿Cuál es una buena bebida para mantenerse hidratado?

Cuidar de tu salud oral tambien incluye tu salud fisica. Los alimentos y bebidas que pones dentro de tu cuerpo pueden marcar la diferencia. Aquí hay algunos consejos y trucos sobre ideas de bebidas de nuestra dietista registrada Alejandra Sánchez, MPH, RDN.

#NCDHM #saludoral
#saludpública #smileSBC
#SmileSBC2024



NCDHM Social Media Posting Guide Week 4 – Monday, February 19, 2024



Video attachment:

This will be on the same post as a first slide (Instagram carousel) with the image on page 9.

Video Description: This is a short clip from Alejandra, MPH, RDN, our county nutrition team on tips about healthy drinks for children when exercising.

