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It's World Smile Day– So Make Someone Happy!

Dr. Nisha Garg 

“A smile is the prettiest thing you can wear”

Smiling is a facial expression that occurs when we're amused and delighted, but the power of a smile is way stronger than you think. It not only benefits your health and well-being, but it also positively impacts those around you. One of the most powerful things the world shares is the universal smile. A smile can cut through all barriers. It knows no age, gender, color or culture. No matter where you are in the world, what language you speak, or social status, a smile will always be understood. Sometimes all it takes to make the day better is a smile, whether it's one someone gives to you, or one you share with another. Whether it's just a simple compliment, a cheery hello or a gift of something small to help brighten their day, World Smile Day encourages you to take action to bring a few more smiles into the world.

The smiley face symbol is the most recognizable symbol of good will and good cheer on the planet. It was created in 1963 in Massachusetts by a commercial artist Harvey Ball. Over time Harvey got worried that his symbol was becoming over-commercialised and its original meaning and intent had got lost. Ball wanted to devote one day to smiles. So he came up with the idea of World Smile Day – one day each year to be devoted to smiles and acts of kindness throughout the world. Ball declared that the first Friday in October each year would be World Smile Day. It has continued every year in Smiley's hometown of Worcester, MA and around the world. World Smile Day started in 1999. Ball passed away in 2001 and World Smile Day lives on to honour his legacy and to remind us that in a world awash with so much negativity – kindness and happiness can still prevail.

It all starts with keeping your eyes and heart open to the people around you, just by being caring and compassionate and helping those around them have the best day they can have. Little acts of kindness can

bring a shining smile to someone who has otherwise had a terrible day and it can change everything that follows. World Smile Day is your opportunity to help brighten the world and make the world a better place through the simple power of the smile.

Everyone can make a difference on World Smile Day, and we dentist being the ambassadors of smiles we have lot to do in our hands. As going by popular saying:

“A smile is a curve that sets everything straight”

Phyllis Diller

A smile makes you beautiful and magnetic and World Smile Day is as good an opportunity as ever to think about how you should be looking after your smile and that of your children too. Babies start to smile at around 5-6 weeks old. Their first teeth usually start to appear around 4-6 months old and it's never too early to start looking them. Dental decay is almost entirely preventable and first teeth should be looked after as soon as they appear in a baby's mouth. Children are hard to persuade for a dentist visit but our kind and gentle approach to dental care for kids ensures that their fears are minimized and oral care is optimized and they might even have some fun. Combining a calm environment with expert, child-friendly staff, we help parents take care of their family's teeth from as early as possible setting a firm foundation for lifelong smiles. The better you take care of your teeth, the longer they'll last. So, with the right cleaning regime and dental support, there's no reason you can't keep your teeth for life and have an everlasting smile.

“Beauty is power; smile is its sword” – so keep your armour shining.



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