

## Tops tips for healthy teeth

- Start brushing from the minute you see your baby's first tooth.
- Brush twice a day with a small smear of fluoride toothpaste on the brush – including once just before bed after all food and drink is finished.
- Spit don't rinse after toothbrushing – rinsing washes away the fluoride that protects your children's teeth.
- Use songs, games and lots of praise to make toothbrushing fun.
- Avoid sugary drinks and snacks, especially between meals. Fruit juice and dried fruit are also best at mealtimes rather than on their own.
- Milk or water are the best drinks for young children – if you're bottlefeeding, start using a beaker instead of a bottle from 6 months.
- Register your child with a dentist when their first tooth comes through and take them for regular checks. Ask your Children & Family Centre for a list of local dentists who are accepting children.

## Other support for a great start in life

This Dental Health service is part of a wider Best Start service provided by HENRY, a charity working locally in Waltham Forest to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Infant feeding – breast, bottle, or mixed feeding
- Speech and language development
- Healthy eating and lifestyle

### Get in touch to find out more:

HENRY office: 020 8496 5223 [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



[@WFHENRYHealth](https://twitter.com/WFHENRYHealth)

[www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

# Growing up with healthy teeth

Everyone wants their children to have healthy teeth, but it can be hard to know what to do as a parent to make sure this happens, especially in the early years. That's where the Best Start service comes in. We can support you to help your child to grow up with a healthy smile.

Get in touch to find out more we can tell you all about what help and support is available locally.

See inside for free dental checks up on August 24th



Or call us directly on **020 8496 5223**

# Free Dental Check-ups for Young Children

## Help your child learn to love visiting the dentist!

Happy children have happy smiles! Did you know that the best time to start visiting the dentist is when those first teeth come through or around their first birthday.

Make an appointment for **August 24th** in one of our two sessions where our fantastic friendly dentist Dr Shilpa Roy is giving children under five a free check-up in a Children & Family Centre. There will be activities for the whole family as well as a free check-up. Children aged 0-5 will receive:

- A free toothpaste sample
- A sticker
- Songs to sing at home to help your children learn to love brushing their teeth
- Tips on keeping a healthy happy smile

If your child has never visited the dentist, or hasn't seen the dentist in a while, this is the perfect time to start.

### All sessions take place on 24th August 2017.

9:30am – 11:30am

Leyton Children &  
Family Centre  
215 Queens Road  
E17 8PJ.

1pm – 3pm

Walthamstow Children  
& Family Centre  
(Higham Hill)  
313 Billet Road E17  
5PX.



Free child check-ups and fluoride varnish application

Call now to book your place **0208 496 5223**

*Sessions and phonelines are conducted in English unless otherwise stated*