

Healthy Teeth

Free Online Workshop



Did you know there's a lot we can do for our children's teeth at home, while dentists are partially closed?

A Healthy Child has a Healthy Smile

Our workshop is run by our Senior Dental Nurse, who can answer all your dental health questions, including:

- Why baby teeth are so important
- Understand the causes of tooth decay and how to prevent it
- Feel more confident about what foods and drinks are tooth friendly
- How to make toothbrushing routines work well for the whole family
- How to find and register with a dentist and what to expect for your child when you visit



At primary schools across Waltham Forest around 8 children in every class will already have tooth decay

contact
us to
register!

Workshop Details

Online

Wednesday 15th September 2-4pm
Wednesday, 29th September 1.30-2.30pm
Wednesday 10th November 6.30-7.30pm

In Person

(Walthamstow Children & Family Centre)
Tuesday 7th December 9.30am-12pm

Leytonstone Children and Family Centre
Tuesday 12th October 1-3pm

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