

## Top 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 tooth brushing 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

### 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

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

 WFHENRYHealth

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in partnership with



## 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.

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# Free Healthy Teeth Workshops

**At primary schools across Waltham Forest, around 8 children in every class will already have tooth decay. However, there's a lot we can do for our children's teeth at home.**

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

**We are offering face-to-face and virtual workshops**

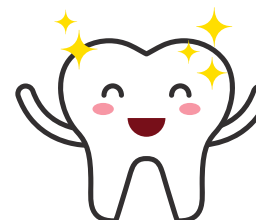
Leyton CFC <i>Queens Road</i>	Chingford CFC <i>Wyemead</i>	Virtual
Thursday 27th January 10-11.30am	Monday 28th February 10-11.30am	Monday, 10th January 1-2.30pm  Wednesday, 9th February 10-11.30am

contact us to register!

# NHS Dentists in Waltham Forest

Although dental surgeries in Waltham Forest have been given the green light to open, not all surgeries are currently offering routine appointments or taking on new patients.

**For the most up-to-date list of available NHS dentists in the borough, please contact HENRY Waltham Forest.**



## Top Tips for Dental Emergencies

If you have a dental emergency which may include pain, swelling or bleeding please contact your local surgery. If you do not have a surgery or they cannot offer you an appointment, please contact NHS 111 who will be able to find you the nearest surgery offering emergency appointments.

The HENRY Oral Health team can provide 1-to-1 support for families with a variety of dental health concerns. Contact HENRY Waltham Forest to speak with our Senior Dental Nurse, Gemma Akinade.