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

@WFHENRYHealth www.henry.org.uk/walthamforest

henry
Healthy Start, Brighter Future

in partnership with

Waltham Forest

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.

call us directly on **020 8496 5223**

Free Dental Check-ups for babies and 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.

We are committed to giving access to dental services, in the children and family centres across Waltham Forest.

Please contact us on 020 8496 5223 to sign up for the summer 2018 dental outreach.

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

NHS Dentists accepting new patients in Waltham Forest

Walthamstow

Abbey Dental Practice, 25 St James Street, E17 7PJ. From 1 year	**Tel:** 020 8521 2816
Hoe Street Dental Surgery, 337 Hoe Street, E17 9BD. From birth	**Tel:** 020 8520 5289
Mr F Amini, 18 Church Hill, E17 3AG. From birth	**Tel:** 020 8520 3872
Palmerston Dental Practice, 67 Palmerston Road, E17 6PU. From 3 years	**Tel:** 020 8521 6656
Mr Khalilibegloo's Practice, 31 Chingford Road, E17 4PW. From birth	**Tel:** 020 8527 9062

Chingford

Damira Avenue, 180 The Avenue, E4 9RD. From birth	**Tel:** 020 8527 6400
Woodford Dental Care, 6 The Broadway, IG8 0HL. From birth	**Tel:** 020 8504 0262
Oak Hill Dental Practice, Hill, 101 Oak Hill, IG8 9PF. From 18 months	**Tel:** 020 8531 7976
Woodford Green Dental Care, 80 Snakes Lane East, IG8 7QQ. From birth	**Tel:** 020 8502 9966
Mr Evans and Associates, 252a Chingford Mount Road, E4 8JL. From birth	**Tel:** 020 8529 1587

Leyton

Leyton Dental Surgery, 724 High Street Leyton, E10 6AA. From birth	**Tel:** 020 8539 6022
Key 2 Smile, 622 Lea Bridge Road, E10 6AP. From birth	**Tel:** 020 8539 2277
Lea Bridge Dental Practice, 433 Lea Bridge Road, E10 7EA. From birth	**Tel:** 020 8539 6152
Cedars Dental Practice, 775 High Road Leyton, E10 5AB. From birth	**Tel:** 020 8558 1122
Mr Gupta and Associates, 399 High Road Leyton, E10 5NA. From birth	**Tel:** 020 8539 1653

Leytonstone

Park Vue Dental Surgery, 330 Cann Hall Road, E11 3NW. From birth	**Tel:** 020 8519 2990
East Village Dental, 3-5 Mirabelle Gardens, E20 1BX. From birth	**Tel:** 020 3355 2265
Woodgrange Dental Practice, 80 Woodgrange Road, E7 0EW. From birth	**Tel:** 020 8555 3336
Oasis Dental Surgery, 16 Glebelams Avenue, E18 2AB. From birth	**Tel:** 020 8989 1935

*Age of acceptance

Edited 20/07/2018 by Gemma