

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

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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.

020 8496 5223
wfsupport@henry.org.uk

Free Virtual Healthy Teeth Workshops

Do you have a child under 5? Would you like to:

- Get some ideas to help make tooth brushing a fun time for the family
- Feel more confident about what foods and drinks are good for teeth
- Understand the causes of tooth decay and how to prevent it
- Get support to register with a dentist and find out what to expect for your child when you visit

Contact
us to
register!

Friday 16th April 1.30-2.30pm
Thursday 29th April 1.30-2.30pm
Tuesday 11th May 1-2pm
Tuesday 25th May 6.30-7.30pm
Friday 11th June 10.30-11.30am

Top Tips for Dental Emergencies

Dental surgeries in Waltham Forest have been given the green light to open, however there are not as many as usual able to offer routine appointments or take on new patients yet.

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.

You can also contact Gemma Akinade for support and advice on dental health.

NHS Dentists accepting new patients in Waltham Forest

Leytonstone

- Woodgrange Practice, 80 Woodgrange Road, E7 0EW (from birth) 020 8555 3336

Walthamstow

- Church Hill Dental Practice, 18 Church Hill, E17 3AG (from birth) 02085203872

Chingford

- Oak Hill Dental Practice, 101 Oak Hill, IG8 9PG (from birth) 020 8531 7976
- Mr Evans and Associates, 252a Chingford Mount Road, E4 8JL (birth) 020 8529 1587

Leyton

- Leyton Dental Surgery, 724 High Street Leyton, E10 6AA (from birth) 020 8539 6022
- Key 2 Smile, 622 Lea Bridge Road, E10 6AP (from birth) 020 8539 2277
- Mr Gupta and Associates, 399 High Road Leyton, E10 5NA (from birth) 020 8539 1653

