Healthy Teeth

Free Online Workshop

henry
Healthy Start, Brighter Future

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 are baby teeth 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 can I 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

Workshop Details

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

Contact us to register!

020 8496 5223
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Waltham Forest