

# Healthy Teeth

## Free local workshops



Come  
along!

Get some  
practical tips for  
looking after your  
child's first teeth  
- because they  
really matter



**Having healthy teeth is important for young children's development and wellbeing. But did you know that decay in first teeth can affect their adult teeth?**

This session will help you understand:

- Everything you need to know about toothbrushing
- How you can make toothbrushing fun
- When to start helping children brush their own teeth
- How what children eat and drink affects their teeth

Venue:

Date:

Contact: