**Overview**

* Welcome and introductions
* Check in
* Food, drink and our teeth
* Healthy drinks
* Brushing our teeth
* Review and next steps

**OUR GROUP GUIDELINES**

Right to pass

Listening Share ideas

Not judging Safe Heard Ask questions

Happy

Comfortable

Have fun Confident

Respect other’s opinions Confidentiality

Mobiles on silent

|  |  |
| --- | --- |
| **Snacks and foods high in sugar** | **Healthy swaps that are safe for teeth** |
|  |  |

**What is the question?**

* Keep going back as often as recommended.
* As soon as first tooth appears.
* Two minutes twice a day.
* One with fluoride.
* A smear of toothpaste.
* A pea–sized amount.
* Spit don’t rinse.
* Nothing – treatment is free for children up to age of 18.