## **Healthy Teeth**Free local workshops





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:**