

Following on from the children's Christmas presents of toothbrush holders/timers, we extended the learning by inviting a dentist who gave an educational talk to both parents and children.

The talk involved teaching the children good tooth brushing behaviours, as well as reinforcing other key oral health messages.

A regular teeth-cleaning routine is essential for good dental health. To look after your teeth, eating foods low in sugar and regular visits to the dentist is important. Since dental disease is one of the most common diseases of childhood, and one easily preventable, action needs to be taken.



During the talk, the dentist made parents aware that:

- NHS dental care for children is free
- It's important to take your child to the dentist when their first milk appears, in order to make them familiar with the environment and to develop a rapport with their dentist. By doing so, the dentist can help prevent decay and identify any oral health problems at an early stage.

If you have any questions about oral health, please don't hesitate to ask us.