



Whittington Health
NHS Trust

Oral Health Parent/Carer Information Session

You are invited to attend a free information session to help you gain more information about taking care of your child & young person's teeth.

The topics that will be covered are:

- Tooth brushing tips and techniques
- Adapting toothbrushes to suit your child's needs and exploring all the different toothbrushes available.
- Tooth paste and introducing 'Flavour Free' toothpaste.
- Tips on preventing Tooth decay.
- Making healthy food choices for teeth
- Visiting the Dentist
- And lots more useful information

You will also have the chance to ask questions and useful links will be provided.

All sessions will be held on Teams.

To join a session please contact Sally McGregor – Oral Health Promoter
sallymcgregor1@nhs.net and you will be sent a link to join.

- **Wednesday 24th January 2024 – 12.00pm – 1.00pm**
- **Monday 19th February 2024 – 9.30am – 11.00am**
- **Wednesday 6th March 2024 – 12.30pm – 1.30pm**

For further information please contact the Community Dental Service, Hillingdon, Oral Health Promotion Team Sally McGregor - sallymcgregor1@nhs.net

