

# Do you have a child under 5?

We are here to support you with healthy teeth



Would you like to ...

- Know more about tooth decay and how to prevent it?
- Feel more confident on tooth friendly food and snacks?
- Find new ideas on how to make tooth brushing fun?



Healthy Teeth Workshop	1-to-1 Support	oral Health Play Sessions
<ul style="list-style-type: none"><li>• Run by specialist dental nurse</li><li>• Online and face-to-face</li><li>• Running across Waltham Forest</li></ul> <p>Check our timetable by scanning the QR code below to find out more.</p>	<p>Do you require 1-to-1 support on healthy eating and oral health?</p> <p>Come along to our fortnightly drop ins and meet on or our friendly HENRY team.</p> <p>These sessions are running across the Waltham Forest.</p>	<p>Run by Oral Health Champions from the Lloyd Park team. Come along and join our fun packed tooth-friendly activities.</p> <p>Running across the Borough, please see the Better Start in Life Waltham Forest timetable for more details.</p>

For more information or to sign up, please contact us on:

[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk) | 0208 496 5223 | [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

Or scan our QR code



**Best Start  
in Life**

