TOWER HAMLETS

NHS
North East London
Community Dental Services

Happy teeth, happy children

We are trying to improve children's dental health in Tower Hamlets. Did you know that **4 in 10 children** have holes in their teeth by the time they are 5 years-old?

We visit schools to put a fluoride varnish (coating) on children's teeth, to help keep them strong and healthy.



This helps protect against holes. Healthy teeth will help your child to eat, speak, sleep and attend school without dental pain.

This is free and is for children in school nurseries, reception and year 1.

Speak to your child's school to find out when we are visiting. Scan the QR code to watch our short film or go to

www.kentcht.nhs.uk/school-dental-video

Point your phone camera at the QR code and tap the pop up which appears.

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