

Sugary snacks and our teeth parent question and answer (Q&A) workshop

You are invited to join our free online parent/carers
drop-in anytime zoom workshops
between 10.30-11.30am and 3.30-4.30pm

It's absolutely essential to look after our teeth especially during the Covid-19 pandemic.

These informal sessions will give you information, knowledge and ideas on how to make healthier choices for your children and family.

Topics covered:

- Brushing tips and techniques
- How to protect our teeth from sugary snacks
- Tooth-friendly foods and drinks
- Advice on visiting the dentist
- And much more!



Join our virtual drop in Q&A anytime workshops:

<p>Drop in</p> <p>10 Feb 2021- 10.30-11.30am 11 Feb 2021 -10.30-11.30am 15 Feb 2021 - 10.30-11.30am 17 Feb 2021 -10.30-11.30am 24Feb 2021-10.30-11.30am 1 Mar 2021- 10.30-11.30am</p>	<p>Feb 9, 2021 03:30 PM Feb 16, 2021 03:30 PM Feb 23, 2021 03:30 PM Mar 2, 2021 03:30 PM Mar 9, 2021 03:30 PM Mar 16, 2021 03:30 PM Mar 23, 2021 03:30 PM</p>
<p><u>Join Zoom Meeting</u> https://zoom.us/j/3392662361?pwd=MitGYkdCR09oMHlyanJYQ29HbmhDQT09</p> <p>Meeting ID: 339 266 2361 Passcode: ohp</p>	<p><u>Join Zoom Meeting</u> https://us02web.zoom.us/j/83460510362?pwd=MXVXaTA3OFA4QUhOc3hqRFhldURzQT09</p> <p>Meeting ID: 834 6051 0362 Passcode: ohp</p>

<p>Parent /carers Oral health session including information on brushing aids SEN</p> <p>Feb 23, 2021 06:30 PM London Meeting</p>	<p>Meeting ID: 823 4535 6828</p> <p>Passcode: 23EVE</p>
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Sharon Erinna



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Sharon & Erinna the Oral Health Promoters will be there to answer any questions you may have on your child's dental health.