

BRUSH BOOK BED

2024



the place
to live

A free dental hygiene program for families with young children aged 0-5 years.

Baby Teeth Count Too!

Children and their parents/caregivers are invited to join a Brush, Book, Bed session to learn about developing good dental health habits that will keep teeth strong and healthy for life.

There are activities, songs and story book ideas you can learn to encourage your child to brush their teeth in a fun way with Chomper!

There will be a special guest appearance from Your Community Health Oral Health Team to assist families with dental hygiene.

Themes covered:

- Baby teeth and taking care of teeth as soon as they appear
- Brushing teeth
- Getting ready for bed with an evening toothbrushing routine
- Healthy food and drinks
- Dental check-ups

Sessions are free and are designed for single-session attendance. However, families are welcome to book return visits to help their children learn healthy habits for healthy teeth! Families attending will receive a gift bag containing dental products.



Date, Time and Location:

Tuesday 27 February 2024

10am - 11.30am

Reservoir East Family Centre (15 Gisborne Crescent Reservoir)

Bookings:

Bookings are essential. To register your interest, please complete the Early Parenting Programs Booking Form at

www.darebin.vic.gov.au/support-for-parents

Or scan the QR code provided below for bookings and upcoming sessions.

Darebin Council acknowledges the Wurundjeri Woi wurrung people who are the Traditional Owners of the land that this event will take place on.

CITY OF DAREBIN

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