

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.



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 City Council acknowledges the Wurundjeri Woi-wurrung people as the Traditional Owners and custodians of the land and waters we now call Darebin, and pays respect to their Elders, past and present. Council also recognises other Aboriginal and Torres Strait Islander people and communities who have a long-standing and unique role in the life of the Darebin municipality.

The Early Parenting Program service aims to be an accessible, equitable, inclusive, safe and respectful service that actively welcomes and supports the inclusion of all children and their families. We value and celebrate the diversity of families who use our service.




CITY OF DAREBIN

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au

 **National Relay Service**
relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.

 **Speak Your Language**
T 8470 8470

العربية	नेपाली	हिंदी	Español
繁體中文	Italiano	ਪੰਜਾਬੀ	اردو
Ελληνικά	Македонски	Soomalii	Tiếng Việt

