

## Visiting the dentist

Please remember to take your child to the dentist regularly. NHS dental care is free for children. All children aged 3-16 can have fluoride varnish painted on their teeth by the dentist at least twice a year, to help strengthen their teeth and prevent tooth decay. If you do not have a family dentist, you can find your nearest NHS dentists at:

<https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

