

## **Tooth fairy shares dental tips in Keady**

1 October 2013

The Tooth Fairy joined children, young people and their families to share dental tips and to highlight the importance of regular visits to the dentist at a dental information event held this week in Keady.

A local hygienist from Keady dental Practice and a Dietician from Arke Sure Start were on hand to give advice on how to prevent tooth decay, care for teeth and gums, the sugar content in food and drinks and ideas for healthy snacks. Also, there was a puppet show and storytelling sessions to help children and young people understand why they need to look after their teeth and gums.

The event, organised by Arke Sure Start and the Children and Young Peoples' Partnership (CYPSP) Armagh Locality development officer, aimed to raise awareness of the importance of good oral health and encourage local families to attend the dentist regularly.

Mia Murray ArKe Sure Start Project Manager commented:

"This event was a great opportunity to highlight the importance of developing good oral hygiene routines with young children in a fun and informative way. It also provided an excellent example of partnership working in practice, combining the skills and expertise of Sure Start and the Locality Action Group, thus reaching a wider network of families in the Armagh area."

Speaking at the event Julie Bolton said: **"A great turn out at the first of the Tooth Fairy events in the Southern Outcomes area. Parents, playgroup workers and children received information from the local Hygienist and Dietician about the importance of healthy eating, how to prevent tooth decay. The real eye opener that parents commented on was the sugar contents in cereals, jelly babies and chocolate bars! Children enjoyed art and crafts and storytelling about visiting the dentist. Each child received a toothbrush, toothpaste and information on good oral health."**

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