



Links for Parents/Carers - Oral Health

This [Children's Oral Health healthcare e-learning](#) is aimed at parents, early years healthcare workers, teachers, nurses, GPs and the public.

The British Society of Paediatric Dentistry have created a series of [oral health videos for children](#), in partnership with Dr Ranj, Hey Duggee and CBeebies.

This [NHS video on baby bottles and cups](#) explains when to move babies from bottles to cups and why.

This [supervised tooth brushing video](#) from Early Start Nutrition shows a session in action.

Use this tool to [find your local authority](#). Your local authority may be able to offer support to introduce supervised tooth brushing in your setting.

The [looking after your baby's teeth NHS page](#) explains how to brush and care for babies' and young children's teeth.

This BBC article explains key strategies for [showing a toddler how to brush their teeth](#).

This [healthy teeth video from HENRY](#) looks at what we can do to help children grow up with healthy teeth.

Dr Milad Shadrooh, known as The Singing Dentist, shares [advice and answers to common questions about taking care of children's teeth](#).

PACEY's [oral health advice](#) includes fact sheets for parents, and their [nutrition spotlight](#) encourages healthy eating habits.

The Office for Health Improvement and Disparities [oral health survey of 5 year old children 2022](#) and Public Health England's [oral health survey of 3 year old children 2020](#) include statistics about oral health in the early years.