



Links to resources for families and carers

Below are examples of suggested resources which families and carers may use to support oral health promoting behaviours when caring for young children, for example reducing dietary sugars and helping children to brush their teeth effectively. Families and carers may benefit from being signposted to such resources. Resources have been divided into the following categories:

1. General oral health
2. Toothbrushing
3. Sugar reduction and diet

A QR code¹ has been provided for each resource. These can be scanned by smartphones or tablets with a preinstalled QR code reader to link directly to the resource.

Clicking on the name of the resource within this pdf file will also link directly to the resource.

Please note, this list is not exhaustive and the links/QR codes are to external websites- therefore links may change and resources may be updated.

¹ 'QR code' is a registered trademark of Denso Wave Incorporated.

Resources for parents and carers: general oral health

[A quick guide to a healthy mouth in children](#), PHE



[A practical guide to children's teeth](#), BSPD



[Advice for parents of children with autism](#), BSPD



[Oral Health Foundation information and resources](#), Oral Health Foundation



Resources for parents and carers: toothbrushing

[How do I brush my child's teeth?](#)
(Video), NHS Choices



[Brush DJ](#), Benjamin Underwood. *Free App downloadable from App Store or Google Play.*



[Two minute tales – tales that make kids love brushing](#), Colgate



[Childsmile toothbrushing chart](#), NHS Scotland





Resources for parents and carers: sugar reduction and diet

[Change4Life website](#), PHE



[Change4Life Food Scanner App](#), PHE.
Free App downloadable from App Store
or Google Play.



[Change4Life Smart Recipes App](#), PHE
Free App downloadable from App Store
or Google Play.



[Save kids from sugar website and resources](#), Liverpool City Council



[Food Labels](#), NHS Choices



[Your baby's first solid foods](#), NHS
Choices

