

Here are some useful tips to help with toothbrushing:



Peppa pig goes to the Dentist!

Use the QR code to watch this video.



Colgate Smiles Two-minute tales are videos/audible stories to listen to while brushing your teeth. There are lots to choose from!

Use this QR code to access the link.



Dr Ranj and Supertooth!

Here are lots of videos giving parents advice on toothbrushing.

Use this QR code for the link.



Chompers

Here are two-minute songs and podcasts to help entertain your child whilst brushing their teeth. Available on Spotify.

Use this QR code for the link.



Here are some useful tips to help with toothbrushing:



Mr Blippi's 2 minute tooth brushing song!

Use this QR code to watch the video.



Useful apps:



Other useful links:

NHS sugar intake:



Community Dental Service Videos:



Change 4 life:

