



North East and
North Cumbria

Additional resources

These resources provide advice and information about protecting teeth and gums and can be shared with the public and/or stakeholders, partners and staff as part of this campaign.

Children

Content	Type	Source	Link
Free NHS Food Scanner app	Online tool	Better Health – NHS	https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/#fs-app
Sugar calculator	Online tool	Better Health – NHS	https://www.nhs.uk/healthier-families/food-facts/sugar-calculator
Healthier food swaps	Web page	Better Health – NHS	https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps
Healthier snacks for kids	Web page	Better Health – NHS	https://www.nhs.uk/healthier-families/food-facts/healthier-snacks

Sugar food facts	Web page	Better Health – NHS	https://www.nhs.uk/healthier-families/food-facts/sugar
Supertooth's healthy teeth guides	Video	British Society of Paediatric Dentistry	https://www.bspd.co.uk/Kidsvids
The Toothbrush Song	Video	Hey Duggee	https://youtu.be/oStaJTHgHMU?si=8UNxCAOdnrpGG_s7
Looking after children's teeth – a guide for parents and carers	Video	Brush DJ	https://youtu.be/SocsziPnk-E?si=1r94XQcgb7jO6sJT
Brush your teeth compilation	Video	CBeebies	https://youtu.be/Oj1Fx998sHc?si=EJqr4sCTJw1iXTGH
Oral health advice for parents and carers of autistic children and young people	PDF	British Society of Paediatric Dentistry	https://www.bspd.co.uk/Patients/PatientInfo
Information for parents/carers of children with special educational needs to take part in supervised toothbrushing	PDF	British Society of Paediatric Dentistry	https://www.bspd.co.uk/Patients/PatientInfo
Preventing tooth decay infographic in multiple languages	PDF	British Society of Paediatric Dentistry	https://www.bspd.co.uk/Patients/PatientInfo
A practical guide to children's teeth	PDF	British Society of Paediatric Dentistry	https://www.bspd.co.uk/Patients/PatientInfo
Teens' teeth	Web page	Oral Health Foundation	https://www.dentalhealth.org/teens-teeth
How to take care of your baby or toddler's teeth	Web page Video	Best Start in Life – NHS	https://www.nhs.uk/best-start-in-life/how-to-take-care-of-your-baby-or-toddlers-teeth

Adults

Content	Type	Source	Link
Diet and my teeth	Web page	Oral Health Foundation	https://www.dentalhealth.org/diet-and-my-teeth
Fluoride facts	Web page	Oral Health Foundation	https://www.dentalhealth.org/fluoride
Oral care products guide	Web page	Oral Health Foundation	https://www.dentalhealth.org/oral-care-products
Smoking and oral health	Web page	Oral Health Foundation	https://www.dentalhealth.org/smoking-and-oral-health
Advice and guidance on reducing sugar in your diet	Web page	British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/sugar-salt-and-fat
Advice and guidance to stop smoking	Web page Video Social media resources	Fresh	https://www.freshquit.co.uk
Maggie's story – mouth cancer	Video	Fresh	https://youtu.be/S0FfwJJtRow?si=7vL00XOAWiL9C3sl
Smoking and oral health	Web page	Oral Health Foundation	https://www.dentalhealth.org/smoking
Advice and guidance on reducing alcohol harm	Web page Video Social media resources	Balance	https://www.fresh-balance.co.uk/balance
Alcohol and oral health	Web page	Oral Health Foundation	https://www.dentalhealth.org/alcohol

National and international oral health campaigns

You may also want to get involved in the following national and international oral health campaigns:

Campaign	Date	Organiser	Link
National Smile Month	11 th May – 11 th June 2026	Oral Health Foundation	https://www.dentalhealth.org/smile50
Mouth Cancer Action Month	November	Oral Health Foundation	https://www.dentalhealth.org/mouthcancer
World Oral Health Day	March	FDI World Dental Federation	https://www.worldoralhealthday.org