**Oral Health Videos**

[The Oral Health Services Research Centre](http://www.ucc.ie/en/ohsrc/) external link, UCC have developed the following three videos. Please click the links to watch

**Drinks** - Sugar-sweetened drinks are bad for our teeth and our overall health. This [video](http://youtu.be/Tcq_hKyDFC8) external linkgives tips on how to reduce our intake of sugar-sweetened drinks.

**Toothbrushing** - This [video](http://youtu.be/CmJX4GEg-h0) external linkaims to provide parents and carers of young children with some basic advice on when to start brushing their child's teeth and how to do it. The recommendations are in line with best practice in Ireland 2014.

Image courtesy of FrameAngel at FreeDigitalPhotos.net

**Infection Control** - This [video](http://youtu.be/9nv5AvuKCO8) external linkhighlights important infection control procedures that should be followed when providing a supervised toothbrushing programme.