

# Oral Health Videos

[The Oral Health Services Research Centre](#), 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](#) gives tips on how to reduce our intake of sugar-sweetened drinks.

**Toothbrushing** - This [video](#) aims 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.

**Infection Control** - This [video](#) highlights important infection control procedures that should be followed when providing a supervised toothbrushing programme.