



British Society of Paediatric Dentistry

New videos to support dental prevention in children and young people

- 0-3 <https://youtu.be/owbp5F0K45c>
- 3-6 <https://youtu.be/IQE4xxk1r5g>
- 7+ <https://youtu.be/GHS27DHyl0>

NHS doctor, TV presenter, author and celebrity contestant on “Strictly Come Dancing”, Dr Ranj is the star of three new mini-videos made by the British Society of Paediatric Dentistry (BSPD).

The videos combine live action with computer animation. The aim is to give dental teams resources to share with parents and carers to inspire them to keep children’s teeth healthy. During the COVID-19 lockdown, dentists are only providing emergency treatment, which makes preventive advice on avoiding dental decay more important than ever.

Dr Ranj and sidekick Supertooth – the voice of actor Gemma Oaten who rose to fame in TV soap Emmerdale - guide children in different age categories on how to brush teeth. The videos are aimed at parents of children aged 0-3, 3-6 and 7+

The key tips to promote prevention of dental decay are:

- Brush for two minutes at least twice a day, including last thing before bed
- Use a fluoride toothpaste
- Spit, don’t rinse after brushing your teeth