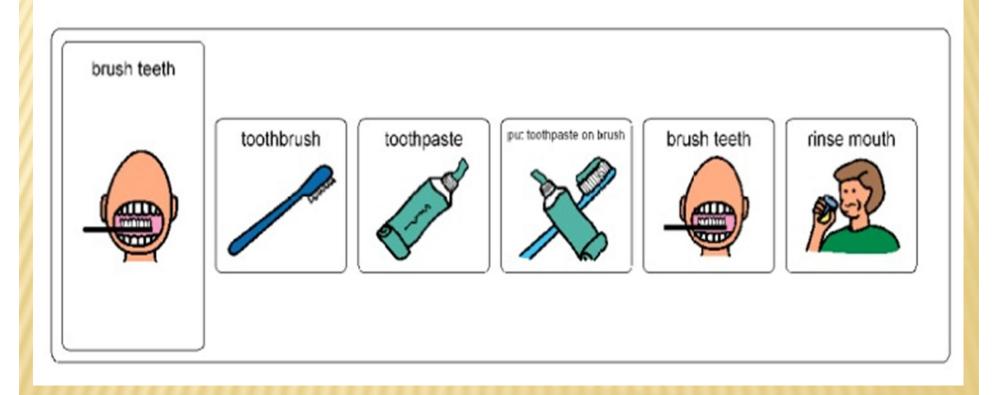
TOOTHBRUSHING



- Essential to daily living and a healthy lifestyle
- Highly involved with motor planning, visual/fine motor skills, and sensory processing
- Students struggling in these area can find tooth brushing to be an aversive experience

USING VISUALS AS SUPPORTS



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SUPPORTING MOTOR DIFFICULTIES

- * Toothpaste: removing cap can be difficult. Consider a push/stand up toothpaste to create independence. If independence with applying tooth paste is not a goal, have it set up for the child. Rolling up the toothpaste and/or applying a clip to the end can help toothpaste come out easier.
- Holding the toothbrush: The thicker the circumference of the handle, the easier it is to hold. Consider this when buying a toothbrush, or build up the handle with cylindrical foam grip. Non-slip material such as dycem around the handle may also help.
- Brushing teeth: Instead of doing hand over hand, try supporting at the elbow and using verbal and visual cues (picture of mouth) to assist student in gaining independence.

SUPPORTING SENSORY PROCESSING DIFFICULTIES

- Children with sensory processing difficulties may have difficulty with tactile input within or around their mouth; light touch may be a noxious stimuli.
- These children may benefit from a softer (baby) bristle brush (less input) or a vibrating tooth brush (more input).
- Prior to tooth brushing, try providing tactile input on child's face with rag or different texture sponges.

EASY STUFF!

- Let your child pick out their own toothbrush and/or toothpaste
- Sing songs
- X Kids love to imitate-brush your teeth at the same time
- Let them do it first, (even if they are just sucking or chewing on it), then brush.
- Use a timer-lots of I-Phone/I-Pad apps to assist

CLOSING POINTS

- If they won't brush, make sure they drink plenty of water.
- Spitting is tough! Practice first with water. Drink, swish, repeat.
- Children with G-tubes tend to have greater plaque build up because they produce less saliva. Try to have them chew on something to help create saliva production.