



Sensory Steps—Brushing teeth



Creating a tool box with a selection of strategies can help your child meet their sensory needs when carrying out personal care tasks.

- **Massage around the mouth or ask the child to open and close the mouth/ smack their lips/ blow raspberries prior to brushing**
- **Start by brushing your child's teeth using their finger before progressing to using a finger tip toothbrush to then move onto a regular toothbrush.**
- **A vibrating toothbrush may help to desensitise the mouth. You can choose from electric toothbrushes or battery run toothbrushes (the latter tend to offer a milder vibration)**
- **Try a soft-bristled brush**
- **Consider the flavour of the toothpaste including non-flavoured varieties**
- **Try using warm water**
- **A teeth brushing app may help as a distraction/visual guide**
- **Listening to music can be calming and distracting**
- **Routine is essential, make sure your child knows they have to brush them in the morning and before they go to bed**

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