

My child won't open their mouth so their teeth can be cleaned

Tooth Cleaning Series Video 3

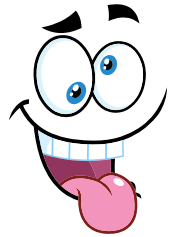


[Watch the full video here](#)



For children with demand avoidant profiles who find it hard to be told what to do, start by sitting next to them whilst you clean your teeth, without requesting that they join in

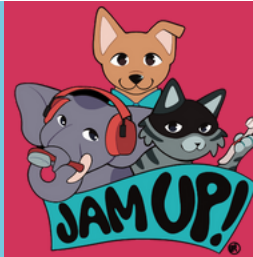
Get your child to look in the mirror and practice opening and closing their mouth. Make it a fun game by pulling funny faces. Make sure you are calm when doing this - if not, try another day!



Allow your child to explore the texture of the bristles on the toothbrush with their fingers

Top tips to help SEND children with tooth cleaning

Tooth Cleaning Series Video 4



[Watch the full video here](#)



1. Brushing for 2 minutes twice a day is optimal, but brushing at bedtime is the most important time to brush!
2. Use a pea-sized amount of toothpaste for children over three years old
3. Brush in small circles ensuring your child brushes around every tooth
4. Make sure your child is brushing their teeth *and* gums, as bacteria lives around the bottom of the teeth and gums
5. Three-headed toothbrushes can help if your child doesn't have the manual dexterity to brush in small circles, or who like to bite on toothbrushes
6. Try not to rinse the fluoride off after brushing!

