

Strategies to help with sensory needs and tooth cleaning



Tooth Cleaning Series Video 2 of 8



[Watch the full video here](#)



Sensory needs

- You may have sensory needs and struggle watching your child brush their teeth and seeing foam around their mouth.
- Use a small flannel to wipe away the foam as your child is brushing, this makes tooth brushing more comfortable for everyone
- Some children may struggle with tooth brushing due to the oral tactile sensation

Methods that can help:

Place the corner of a flannel into your child's mouth and ask them to bite down, which gives some deep pressure, and give it a light tug. This strategy is regulating and gives a strong sensation

Different types of toothbrushes may help such as electric toothbrushes. Also using tools such as a Z-Vibe with interchangeable heads can provide vibration to the gums and teeth, and you child can bite down on it

Brush your teeth next to your child in front of a mirror allowing your child to see you brush, can increase their confidence. It also allows them to see what they need to do, even if they cannot feel it

Auditory tools can help. Jam Up! 'clean your teeth' has music so try playing that - or another familiar song might help too!

For children who struggle with tolerating different tastes or smells, try a low or non-foaming toothpaste, or an unflavoured type of toothpaste such as oraNurse. Use a sodium laureth sulphate free toothpaste for children who have difficulty swallowing, or try just a smear of toothpaste

