

Tooth cleaning support for children with additional needs



Tooth Cleaning Series Video 1 of 8

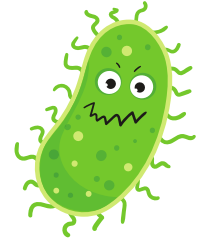


[Watch the full video here](#)



? Why is tooth brushing important?

When you eat food, the food feeds the plaque bacteria, which then produces the acid that causes tooth decay

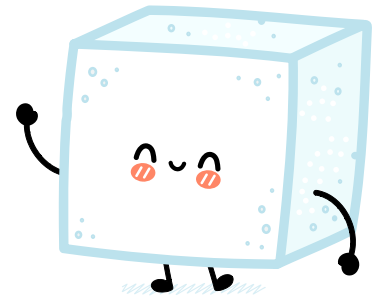


? What are free sugars?

Free sugars are added to food, as well as the sugars that occur naturally in items such as fruit juices and milkshakes

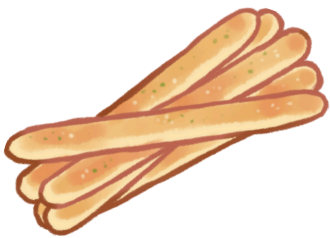
Hidden Sugars

- Processed food and store-bought items such as tomato sauce can have hidden sugars
- It is important to be aware of free and hidden sugars to ensure that your child is not having too much sugar
- You should limit sugar to meals



Safe snacks

- Encourage safe snacks! Safe snacks are foods such as:
 - Unprocessed fruit and vegetables
 - Breadsticks
 - Hummus
 - Dips
 - Natural yoghurts
 - Cheese (this is particularly good as it is an alkaline, and neutralises the acid produced by plaque bacteria)



Tooth cleaning support for children with additional needs

Tooth Cleaning Series Video 1 of 8



[Watch the full video here](#)



? **When is the best time to brush?**

Bedtime is the most important time to brush teeth as saliva stops being produced overnight, and therefore decay can start more quickly



? **What if my child won't brush their teeth in the morning?**

Dentists recommend brushing twice a day for two minutes - you don't have to brush in the morning.

Are there any times that your child struggles to brush their teeth? What times are best for your child?



Tooth cleaning support for children with additional needs

Tooth Cleaning Series Video 1 of 8



[Watch the full video here](#)



? What is the best toothpaste to use?

- Mint toothpaste may not be right for your child, so try flavourless or other flavours. You could also try non-foaming toothpaste
- Children up to 3 years old need toothpaste with 1000ppm of fluoride
- Children over 3 years old need toothpaste with 1350-1500ppm of fluoride



? What toothbrushes are there?

- Manual toothbrushes - these are great - but some children may not have the manual dexterity to brush their teeth correctly
- Three-headed toothbrushes - good for children who like to bite their toothbrush as they allow all sides of the teeth to be brushed at once
- Electric toothbrushes - they mimic the circular brushing motion, great for kids with limited dexterity but the vibration can be uncomfortable for some children

What toothbrushes and toothpastes does your child not like?
What toothbrushes and/or toothpastes could you try?

