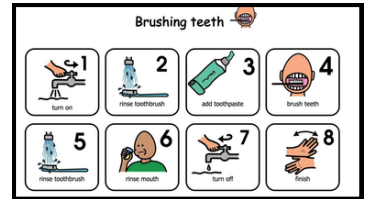


TOOTHBRUSHING – KEY TIPS

1 Create a Routine

Consistency is key! Set a regular time for brushing that is good for your child e.g. bath time. Use visuals like sequence cards, flipcharts, or a timer to help.



2 Use Sensory-friendly Tools, such as

- Soft bristled toothbrush
- Electric toothbrush
- Mild or unflavoured toothpaste

3 Incorporate Fun & Motivation, i.e.

- Songs
- Videos
- Brushing apps
- Brushing chart

These tools can help to gamify brushing & track progress.

4 Break It Down

If the full brushing process feels too overwhelming, break it down into smaller, manageable steps. Focus on brushing one area at a time, with short breaks if needed.

5 Offer Sensory Breaks

If your child gets overwhelmed, provide sensory breaks during brushing. Let them take a moment to calm down before continuing, and be patient with their pace.