

ASD Family Help

Registered Charity No. 1135718

5 Top Tips - Looking After our Teeth



Many young autistic people can find teeth cleaning a very unpleasant experience due to sensitivity issues. Below are our 5 Top Tips to try and make this experience as pleasant as possible.

- 1. Look at the Tooth Brush you are using** – finding the right tooth brush can really help, soft one can be a good start. There are a range of options on the market. Here are a few suggestions
 - **Vibrating Tooth Brush** – Some of our children enjoy the feel of the vibrations and they can guide it around their mouth more easily.
 - **Finger Toothbrush** – Can offer a more gentle approach
 - **Musical Toothbrush** – Offers a distraction and helps teaching them how long to brush for.
 - **3 Sided Toothbrush** - A toothbrush which can get the job done faster. For example, a 3 sided toothbrush cleans faster and gets all 3 sides with just one brushing stroke. The bristles are super soft to gently clean the gum Build in calm and relaxation time for both you and your child
 - **Fuzzy Brush** - Fuzzy Brush is a unique ‘all in one’ chewable toothbrush and breath freshener designed by dentists. [HOME - Fuzzy Brush](#)
- 2. Toothpaste** – Our children can sometimes find the taste of tooth paste too sensory overwhelming. Many parents have found tasteless toothpaste has changed the experience of brushing teeth. Also, the foaming of the toothpaste may be the culprit, causing unpleasant sensory sensations and discomfort. **Oranurse** is a flavorless and non-foaming toothpaste which was initially created for children with autism who were sensitive to strong flavors and taste. Overall, this toothpaste doesn't foam and has zero flavor which may help ease your child's comfort.
- 3. Create Visual supports** - A visual schedule can be created by taking photographs of the steps of tooth brushing or downloading one from online. Please contact us as we do have some visuals we can send you.
- 4. Brushing ideas:** – Here are a few ideas to make the experience more relaxing and engaging
 - Rub their gums or use cold water to help desensitise the area – think about water temperature.
 - Brush their teeth in front of a mirror, stand behind them
 - Take turns in brushing each other's teeth or have fun in letting them brush yours while you are brushing theirs. Acts as a good distraction.
 - Use a timer to show them how long to brush their teeth, some tooth brushes have timers on them. Or sing a song or play a song. Start for just a short time and build it up slowly.
 - Brush their teeth while sat in the bath or for older children take the brush to them while they are in bed or doing an activity.
 - Download a tooth brushing app.
 - Encourage them to brush their teeth, give them control.
- 5. Links and Books which may help** –
 - [Parents and families \(autism.org.uk\)](#) - Visiting the Dentist
 - [Amazon.co.uk : brushing teeth books](#)