

Building relationships and communicating: Brushing teeth



Brushing teeth can be challenging for many children but this can be increasingly challenging for children with SEND often due to issues such as sensory processing differences.

Things to help me grow

- Visuals – pictures showing the steps of brushing teeth.
- Social stories – explaining about brushing teeth.
- A mirror to watch themselves.
- Use backward and forward chaining.
- Using toothbrushes in play with dolls, and dentist kit.

Making things easier

- Three-sided toothbrush to make it easier to brush all teeth.
- Try different toothpastes, non-foaming can be good but grainy, fruit flavoured that are smooth textured be aware of fluoride content.
- Toothbrushing songs such as Brush your teeth or Hey Dougie The Tooth Brushing Song.
- For Bluey fans Robo Bingo toothbrushing minisode.
- Toothbrushing apps.

Helpful Links:

Teeth Brushing.

Dental Health Strategies for Sensitive Children.

