

Best Oral Care for Children with Disabilities

Follow these tips to help your child's smile stay happy and healthy!

1. Take your child to their first dental visit by age 1. Return every 6 months, or as needed, for regular check-ups and cleanings.
2. Help, or watch, your child brush their teeth 2 times a day with fluoride toothpaste. Use a timer/2 minute song.
3. Children over the age of 3 should use a pea-sized amount of fluoride toothpaste and a soft-bristled, child-sized toothbrush.
4. Create a fun routine for toothbrushing that uses the same place, time, and way of brushing each time.
5. Toothbrushing does not have to happen in the bathroom, but where your child is most comfortable brushing their teeth.
6. Give your child water to drink after eating snacks and in between meals to rinse teeth clean of leftover food and sugars.
7. When your child needs medicine, choose sugar-free choices when available.



Grip Handle

Adapting a Toothbrush

Some children with disabilities may have trouble brushing their teeth. Here are some tips to help:

1. For children who can hold a toothbrush, consider an electric toothbrush. Do not scrub with the electric toothbrush, move it gently.
2. For children who cannot use a three sided toothbrush, making changes to the handle may help. You could:
 - 🦷 Add a thicker handle to the end of the toothbrush for better gripping ability
 - 🦷 Use a strap to gently hold the brush to the child's hand
 - 🦷 Put a tennis ball with a hole cut through each side on the end of the brush for the child to hold



Velcro Handle



Tennis Ball Handle

For more adaptations and holds visit [Adaptations and Holds from the Delta Dental Foundation](https://www.deltadental.org/adaptations-and-holds).



Product Suggestions

These products are suggestions for daily mouth care that may help children with disabilities.

	\$	\$\$	\$\$\$	\$\$\$\$	\$\$\$\$\$
Easy-to-hold Toothbrushes	GuruNanda Folding Toothbrush with Wide Handle for Kids	RADIUS Kidz Toothbrush Left-Handed Design	RADIUS Kidz Toothbrush Right-Handed Design	Triple Bristle Brush and Ergonomic Handle	
Electronic Toothbrushes	Oral-B Pro-Health Pulsar Battery Toothbrush	Quip Kids Electric Toothbrush	Triple Bristle GO 3-Sided Toothbrush	burst BURSTkids Kids Electric Toothbrush, Rechargeable	Oral-B Kids Electric Toothbrush with Sensor and Timer
Alternative Toothbrushes	Extra Soft Toothbrushes Micro Nano Manual	U Shaped Kids Toothbrush 4 Pack	Three-Sided Toothbrush, Sensory Toothbrush	RAZOKO Kids Electric 3-Sided Toothbrush	RexCodar Kid's U-Shaped Electric Toothbrush
Floss Tools	GUM Soft-Picks Wider Spaces Dental Picks	RAZOKO Dental Floss Picks	Flossaid Dental Floss Holder	Philips Sonicare Cordless Power Flosser	Waterpik Professional Water Flosser
Adaptive Materials	Universal Cuff for Utensil with Elastic Strap	IMPRESA Foam Grip Tubing, 6-pack	Silicone Hand Grip Aid, U Cuff	Sammons Preston Universal Holder Strap	Ableware Universal Built-Up Handle
Dry Mouth Solutions	Nature's Stance XyliDENT for Dry Mouth Relief	Biotène Oral Rinse Mouthwash	Biotène Moisturizing Mouth Spray	OraCoat XyliMelts Dry Mouth Relief	ACT Dry Mouth Lozenges
Miscellaneous	Finger Toothbrush, Silicone	Dental Bite Blocks	ARK's Tongue Movement Tool	Disposable Mouth Swabs	OPEN WIDE Mouth Rest