

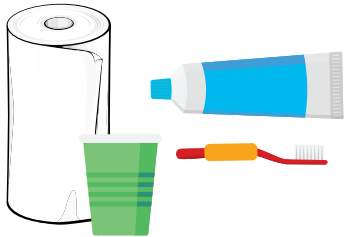


STOP
DENTAL
DISEASE

TOOTHBRUSHING

No Water Toothbrushing for Children with Special Needs

Children with disabilities are especially vulnerable to tooth decay and may need assistance or an adaptive toothbrush. A toothbrush with a special handle or grip makes it easier for the child to grasp. There are a variety of adaptive toothbrushes available to meet every child's needs. Check with the child's family to see what they use at home. *This method does not require spitting into a sink or rinsing with water.*



GATHER

A toothbrush that is easy for the child to grasp labeled with the child's name, fluoride toothpaste, a small paper cup, a paper towel.



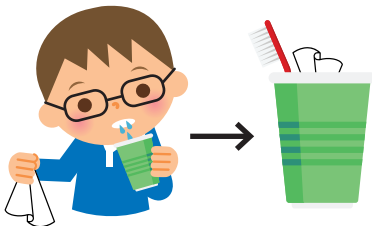
SET UP

Hand the child their toothbrush with a small amount of fluoride toothpaste (pea sized for preschoolers and a grain of rice size for toddlers). Stand by to assist as needed.



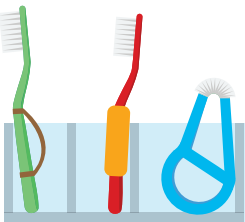
BRUSH

Assist the child as needed to brush all surfaces of the teeth. Allow the child to be as independent as possible.



CLEAN UP

Assist the child to spit excess toothpaste into the cup. Wipe excess toothpaste from the child's mouth with the paper towel. Place the toothbrush and paper towel in the cup.



STORE

Wear gloves to rinse each of the toothbrushes separately with running water. Throw away the paper cup and paper towel. Place toothbrushes upright in a holder with at least two inches of space between slots so that toothbrushes do not touch each other. Remove gloves. Wash hands.

Note: Label each child's toothbrush with their name. Replace toothbrushes every three months or sooner if bristles are frayed, used by a sick child, or dropped on the floor.