

Oral health care tips for children with developmental (learning) or behavior concerns

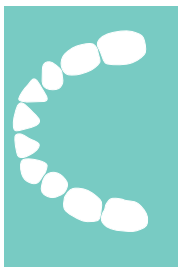
At home:

- Routine is important. Brush the child's teeth the same way, at the same time, and at the same place every time (bathroom sink, kitchen sink, during favorite TV show, etc.) This will help your child become familiar with what's going to happen.
- Use an extra soft toothbrush. Start by using the bristles of the brush to stroke the child's cheek. Then, gently brush their lips until you can go inside their mouth to brush their teeth.
- Take a picture of the child at each step of the process for brushing. Line the photos up in order. When the child completes each step, place that photo in an "all done" stack.



At the dentist:

- Children are often best first thing in the morning, so it is important to schedule your child's appointment when they are at their best.
- Waiting can be hard for kids (and adults too)! Call ahead on the day of the appointment to see if your dentist is still on schedule. If the office is running behind, ask if you can come in a little later.
- Sometimes noise canceling headphones (or any headphones with music) can lessen the stimulation (overload of senses) a child experiences in a dental office.
- Allow your child to hold a favorite toy or item for comfort. Play/sing your child's favorite song or count to help your child have a positive dental experience



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*For more resources on this topic,
please call 682-885-6730.*