Sensory Strategies: Teeth Brushing

Children’s Therapy Services
Sensory Strategies

• If your child is very sensitive, consider using a flannel to wipe the teeth.

• To decrease sensitivity, apply pressure to the teeth and gums.

• Use a very mild-flavoured toothpaste.

• Use pressure touch.

• Promote balance by standing behind your child to secure his body.

• Try an electric toothbrush – the vibration may be calming.

• Try joint compression to the head, neck and shoulders in preparation for teeth brushing.
Other Strategies

- Encourage frequent water drinking to remove extra food.
- Try a footstool to help your child reach the basin.
- Facilitate independence in children with fine motor difficulties by using toothpaste in a pump dispenser.

Ideas for Self Help Skills - for children with sensory issues

Adapted from ‘Building Bridges through Sensory Integration’ by Ellen Youch, Paula Aquilla & Shirley Sutten
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.