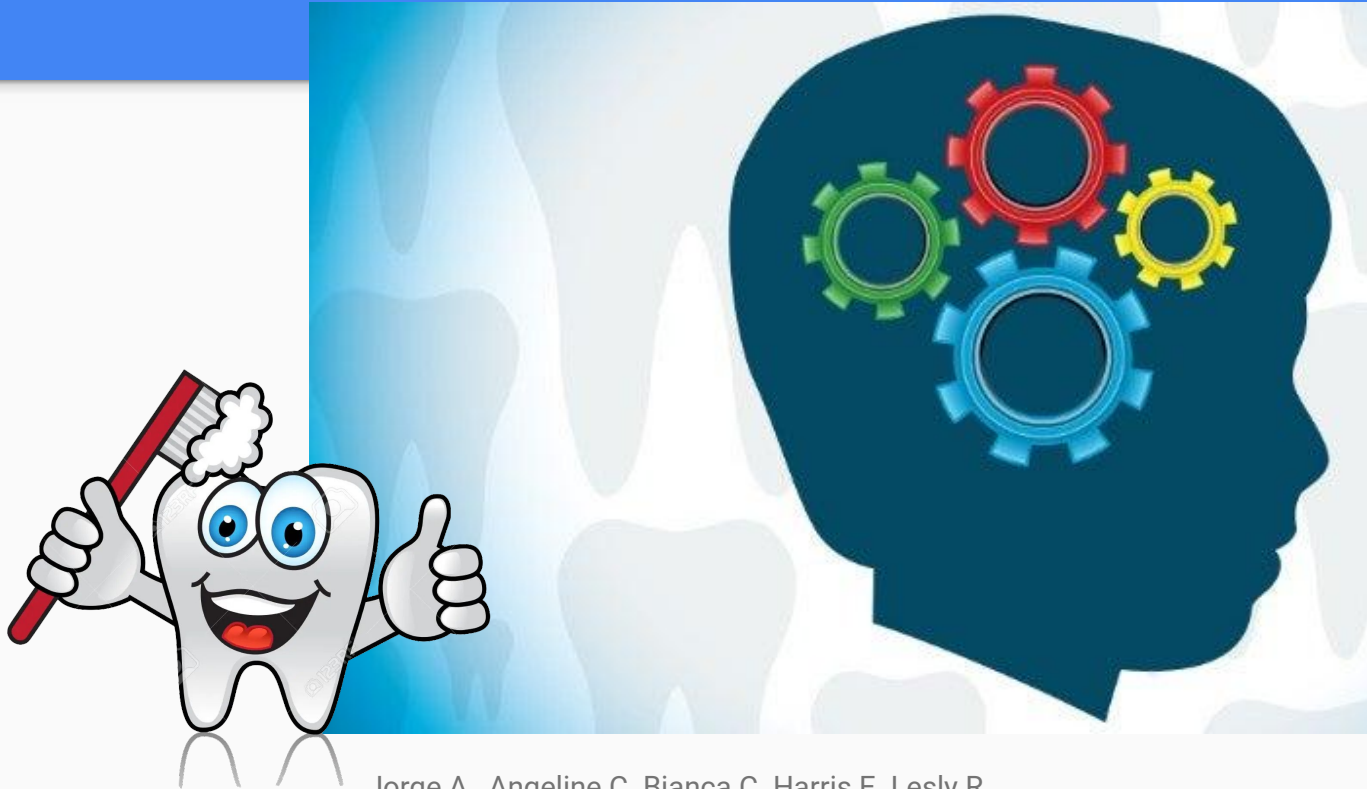


A Happy Smile for You



Jorge A., Angeline C. Bianca C. Harris E. Lesly R.

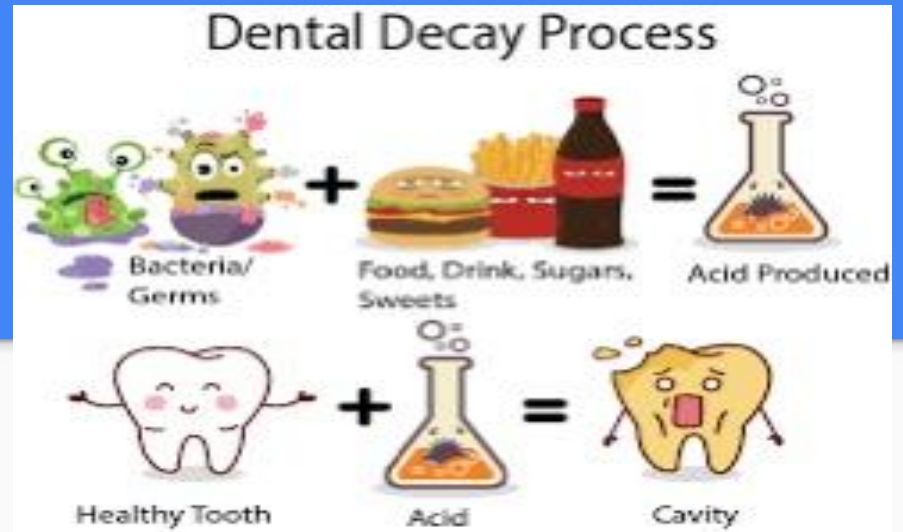
Toothbrushing and the Dentist

1. How many times should you brush your teeth in one day?
2. How many of you have been to the dentist before?



Sugar Bugs are Bad

- Acids from the sugar bugs are bad for your teeth because it makes them weak. This is how cavities form.
- Prescribed Medications can cause higher chance of sugar bugs, yucky taste and dry mouth.



A deeper look into your teeth.

- We will be discussing how to properly care for your child's oral health.
- The tools and products we will go through can make oral home care for your child a gentle, rewarding and joyful moment
- A pre lesson survey has been introduced in order to understand the special needs for specific cases as we are all different and enjoy or do not enjoy different things such as new sounds, feelings, tastes and surroundings



Teeth Guardians



Brushing

- Ideally 2 minutes . If not start off slow and work your way up to the 2 minutes.
- 2x/day
- Replace x3 months

Toothpaste

- How much toothpaste?
 - Less than 2 years old
 - smear
 - More than 2 years old
 - pea size



Flossing

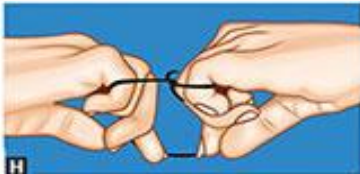
- 1x/day
- Stop when your gums tell you to stop
- Circle floss -demo at the end



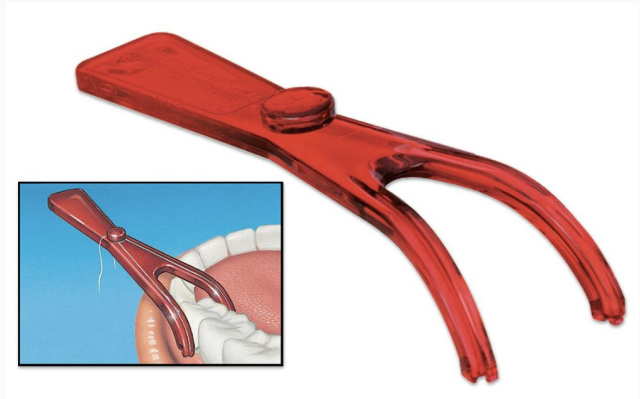
Floss like a Boss !



- Circle floss 
- <https://youtu.be/Csfmi7nPXal>



- Floss handle



How to brush your teeth?

- Circular motions and brush up or down every 2-3 teeth
- Brush for 2 minutes



- Gentle back and forth motion



How can caregivers help at home?

- Make brushing fun
 - Include timer, brushing song, positive reinforcement
- Find an accessible place
 - Doesn't have to be in a restroom
- Choose the right toothbrush
 - Toothbrushes can feel foreign
 - Soft and good for dexterity matter
- Skip the toothpaste or use a very small amount.
 - Avoid flavored toothpaste
- Develop a reward system and routine
 - Stickers, ipad time etc.

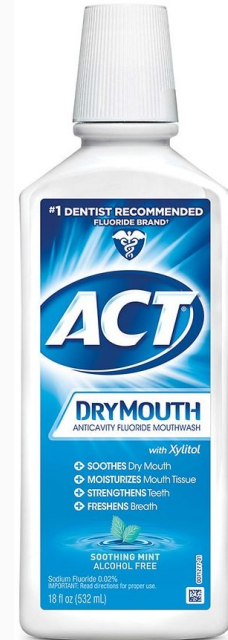


How can caregivers help at home?

- Stand behind while using one hand to apply a gentle reinforcement on the chin
- Brush gently
- Positive reinforcement
- Compliance drill (counting down from 10-1)

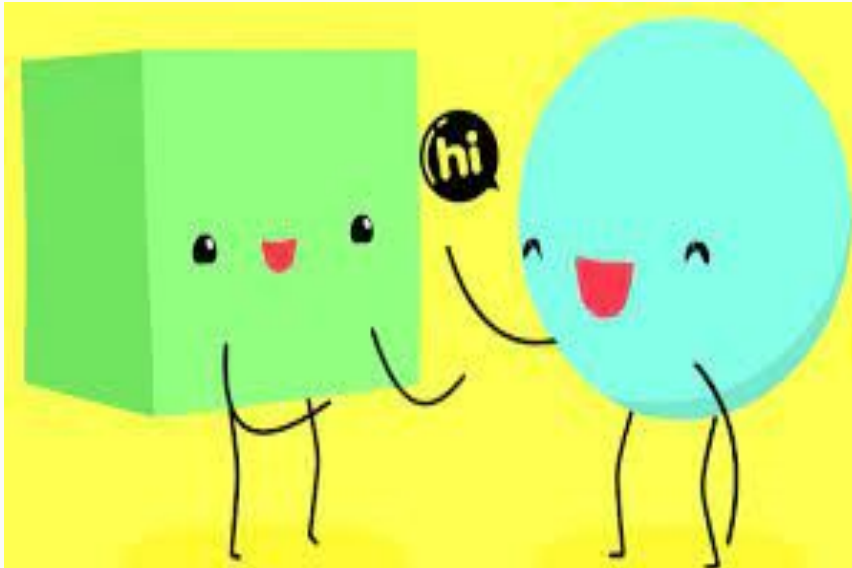


Dry Mouth Remedies



Question #1

Why do we need to go to the dentist?



Answer: To Keep Teeth and Gums Healthy



Question #2

How hard or soft should our toothbrush be?

Answer:

Soft



Question #3

We should go to the dentist only if our teeth hurt?



Answer:



References

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