

Dental tips 10 to 13 years



Dental problems in PWS

Poor tooth enamel and teeth-grinding are quite common in PWS. Equally, over-crowding of teeth is a possibility. All of these problems require advice from your dentist regarding individual treatment for your child.

Teaching your child about cleaning teeth

Your child's teeth should be cleaned twice daily. Encourage your child to start cleaning their own teeth, but check and assist too. Most children are able to do this independently by the time they reach 10 years of age, but some may require supervision for longer.

Wide brush handles often make brushing easier. There are many brands and styles. One trick is to insert a bicycle handle grip, rubber pencil grip or other special grip device on to the toothbrush handle.

Make tooth-brushing fun. Don't be afraid to vary things to keep it fun as well as novel. There are many fun toothbrushes which your child will like as they get older.

If necessary, provide supervision with toothpaste use to prevent your child from eating it. Toothpaste in small amounts will not hurt them.

1-2 times a week, use tablets or a stain to check for plaque build up. Your dentist may be able to assist you with obtaining tablets.

Further information

For more information about Oral Healthcare and PWS generally see <https://www.pwsa.co.uk/pdfs/oral-health-care-and-pws>

For more information about dental care for special needs generally, see www.dentalhealth.org/tell-me-about/topic/caring-for-teeth/dental-care-for-people-with-special-needs

Finding a dentist for your child with PWS

It is important for children with PWS to visit the dentist regularly, due to weak enamel and sticky saliva which may need attention.

Your own family dentist may be the ideal person to register your child with, especially if you have built up a good relationship with them, but you may wish to seek out a dentist with experience of children with special needs.

These are usually available via NHS community dental services – ask your health visitor or local hospital for details. Some children may be referred to a hospital dentist.

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