

Dental tips 5–10 years



Teaching your child about cleaning their teeth

Your child's teeth should be cleaned twice daily. Start cleaning your child's teeth with a very soft toothbrush, a washcloth or finger toothbrush pads. Not only will this help establish good dental habits and prevent tooth decay – this may help with oral motor stimulation and strengthening.

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.

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.

Always 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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