

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

Choose a small, medium toothbrush. Start early on so that your child is used to having something in their mouth.

Use a smear of family fluoride toothpaste for under threes, and a pea-sized blob for those aged more than three years.



Do not wet the toothbrush before brushing to avoid dilution of the fluoride.

A small child may be cradled in the arms.

Brushing can be done standing behind the child with the head supported or from a seated or kneeling position.

It takes two people to brush teeth sometimes – one to brush while the other distracts, holds hands or encourages.

A bicycle handlebar grip or foam tubing placed on a toothbrush handle, with a piece of elastic around it, can make it easier to hold.



Two brushes taped back to back can make a good prop to keep the mouth open.





Changing the body position, brushing at a different time of day, or using a smaller brush may reduce these problems.

A conventional finger guard made of hard plastic may be useful.

Applying pressure as in the picture below ca

This problem is very difficult to stop and can lead to tooth wear.

Massaging the mouth and cheeks for relaxation may be successful.

Soft or hard acrylic splints may be suggested by your dentist.

Mouths may be sore because of poor oral hygiene, viral, fungal or bacterial infection, or trauma. This can lead to distress and poor eating.

Keep the mouth as clean as possible as unclean mouths can lead to more discomfort.

The cause of the soreness needs to be identified, so a dentist should be consulted.

Chlorhexidine spray or mouthwash on a sponge is antibacterial and can reduce secondary infection. Beware of staining on the teeth. The dentist should be consulted.

Anti-fungal treatments can be prescribed by your dentist if this is the cause of the problem.

It is very important for children with additional needs to see a dentist regularly, starting from the time the first teeth appear. Your dentist may suggest your child sees a specialist.

Many local health areas have specialist dental services for children with extra needs. They can help with preventing dental problems and with treatment.

If you require information in accessing a local NHS dentist, call 03330 063 300 or email [accessdentalhelpline@nhs.net](mailto:accessdentalhelpline@nhs.net)

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The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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