

A Healthy Mouth For Children With Special Health Care Needs

Children with special health care needs are twice as likely to have dental problems because of medicines, special diets, muscle control, etc.

Teeth problems can lead to other health problems!

How To Keep a Healthy Mouth:

- Brush with fluoride toothpaste twice a day
- Floss once a day
- Drink fluoridated water
- Avoid sweet rewards and snacks
- Visit the dentist



Helpful Tips:

- Someone else can give head support and help brush



- Try battery toothbrushes
- Make handle easier to hold with ball, bike handle grip, or elastic strap



- Try mouth props like a twisted clean cloth
- Ask a dentist or hygienist for other ideas

Plan Visits to the Dentist:

- Read a story about or pretend going to dentist
- Start with a 'get to know me' dental visit
- Pick the best time of day for your child
- Bring medications and health history information
- Bring a blanket, toy, or other favorite item

Find A Dentist:

- Dentists who will treat children with special needs: Virginia Department of Health website www.vahealth.org/dental
- Dentists who accept Medicaid: Smiles for Children website www.dentaquest.com