

DENTAL CARE FOR SPECIAL NEEDS CHILDREN

How does a disability affect oral health?

Kids with disabilities need help with daily activities; maintaining oral health is one of them. Children with disabilities are at a higher risk of oral health problems including:

- Cavities
- Enamel irregularities
- Gum and oral infections
- Delayed tooth eruptions
- Bite problems

A child's oral health is just as important as caring for his or her overall health. It takes time, patience, willingness and ability to manage the child's physical, mental and behavioral problems.

Steps to help improve this:

- Provide assistance for your child if they cannot brush his/her own teeth.
- Make the toothbrush easier to hold.
 - Children who need a strap to hold a utensil may find it easier to use one for a toothbrush as well.
- Make the toothbrush handle bigger.
 - Cut a slit into a tennis ball and slide it on a toothbrush.
- Try other options such as an electronic toothbrush.
- Help to rinse with water after brushing.
- Help flossing if they cannot do so, to remove debris that the toothbrush cannot reach.

Remember children who eat nutritious foods and who get enough fluoride while their teeth are still forming will get fewer cavities than those who do not. Make brushing your teeth fun—download United Concordia's Chomper Chums® mobile app!

Visit UnitedConcordia.com for more dental health tips.



Children with disabilities may need help with maintaining good oral health.