

Brushing your Teeth

Try brushing with warmer water, cold water can make your teeth feel sensitive.

Bathrooms may smell of fragrances, they are often bright and white, and upstairs. Maybe a different location would help tooth brushing feel more comfortable? Or try brushing your teeth while in the bath.

The taste of the toothpaste may be unpleasant, try alternative flavours.

Choose a tooth brush that suits the individual's sensory profile, try different types and hardness of bristle.



Some people may be over responsive to sensation in their mouths. They may find the touch and feel of the toothbrush and paste in their mouths uncomfortable or painful. This can be described as oral defensiveness or having high oral sensitivity.

Some people may not register sensations within their mouths, may feel alarmed by the lack of sensation and knowledge of where the toothbrush is when it is in their mouth.

Preparation may be helpful:
Discuss toothbrushing or use role play or a game.
Massaging the neck and jaw may help prime the mouth for tooth brushing sensations.
Brush your teeth together.

Listening to music while brushing your teeth can be a pleasant distraction and indicate how long to brush for.