



SEND

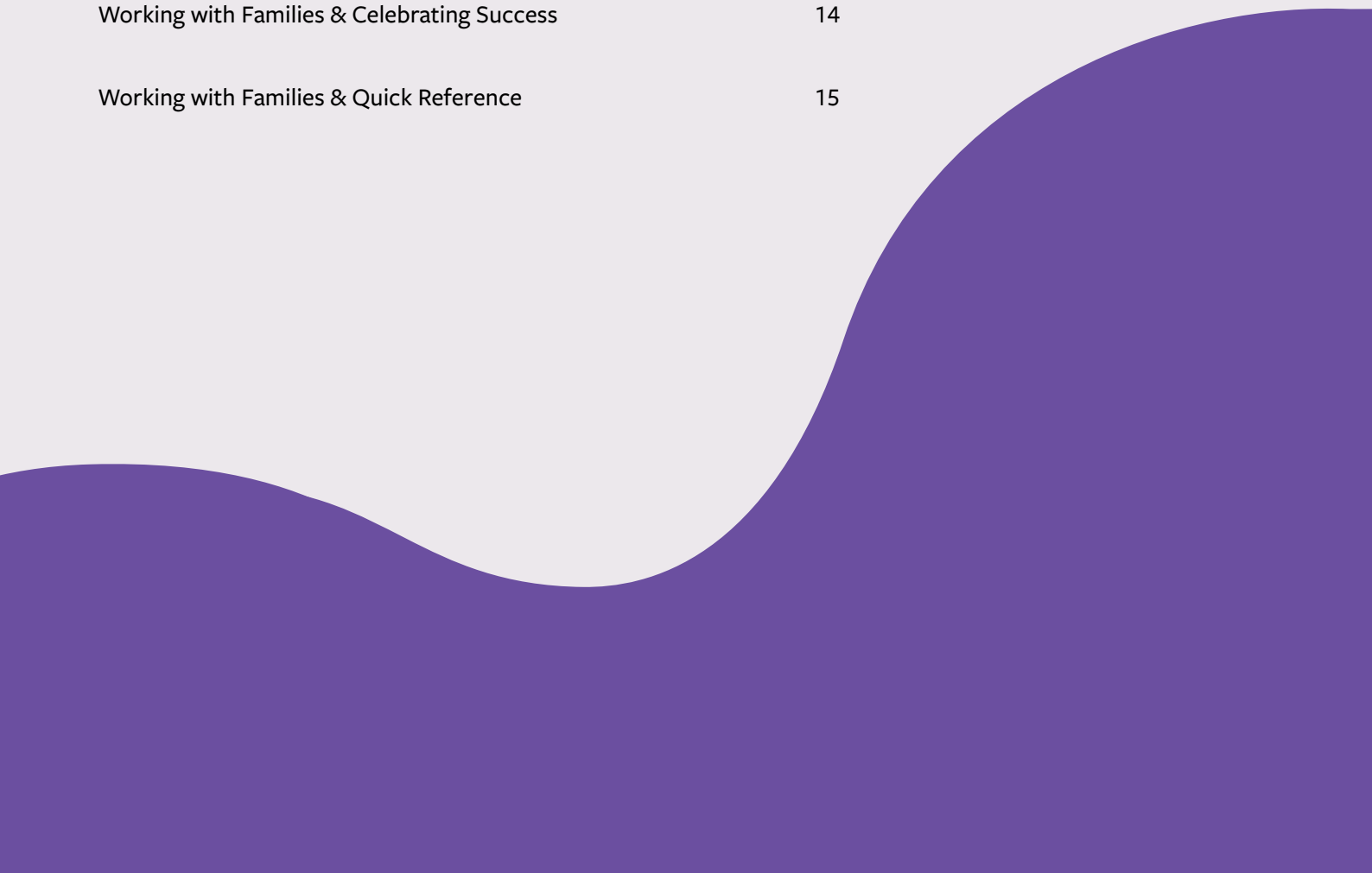
Supervised Brushing Adaptation Guide

My Dental
Buddy

My Dental Buddy

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Professional Support & Support Toolkit

This guide works alongside individual care plans and family preferences. When in doubt, a quick chat with your SENCO or the child's family can unlock even more success strategies!

When to Get Extra Help (You're Not Alone!)

- Child seems uncomfortable or in pain
- Family has specific concerns or requests
- You'd love more ideas for a particular challenge
- Something feels outside your usual toolkit

If a Child Gets Upset (You've Got This!)

- Stop the activity immediately
- Remove overwhelming sensations
- Offer comfort and choice
- Try again later or differently
- Learn from the experience

Your **SENCO**, **school nurse**, or the **child's family** are brilliant resources for extra strategies!





After Any Challenge

You handled it professionally

The child felt supported

You learned something for next time

Everyone is safe and cared for

Routine and Transition Support

- * Prepare children for brushing time: “In 5 minutes, we’ll brush our teeth”
- * Use visual schedules so children know what comes next
- * Keep the same order of steps each time
- * Have a backup plan if the usual routine needs changing
- * Let children know about any changes in advance

Sensory Regulation Support

- * Watch for early signs a child is getting overwhelmed
- * Offer sensory breaks before they’re needed
- * Let children control the pace when possible
- * Build tolerance gradually - today’s “no” might be tomorrow’s “yes”
- * Have sensory tools ready (fidget items, quiet space, movement breaks)

Getting Started: The Magic Rules

Supporting amazing kids with different learning styles



Your Inclusion Toolkit

1

**Every Kid is
Different
(and that's brilliant!)**

- * Some love loud music, others need quiet time
- * Some kids need to touch everything, while others prefer to watch first
- * Different doesn't mean difficult - it means we get creative!

Every single child in your class can rock at brushing their teeth!

Some kids just need different **superpowers** to get there.

2

**Small Changes =
Big Wins**

- * Swap mint toothpaste for plain? Game changer!
- * Let them choose their toothbrush colour? Instant engagement!
- * Start with 10 seconds instead of 2 minutes? Perfect!

This guide shows you exactly how to help every child become a confident brushing champion.

3

**Technology is
Your Secret
Weapon**

- * MdBuddy videos show the same steps every time
- * Kids can pause, rewind, and watch their favourite parts
- * Dashboard tracks tiny wins that add up to huge success

Understanding Individual Needs

Remember: every child is unique! These examples help you think creatively, but your amazing kids might show you completely different ways to succeed.

Meet Your Amazing Kids

The Sensory Superstars

These kids feel *everything* more intensely.

What they might find tricky:

- ✗ Toothbrush bristles feel too scratchy
- ✗ Mint toothpaste tastes too strong
- ✗ Group brushing sounds too loud
- ✗ Bathroom lights are too bright

Your superpowers to help:

- ✓ Try super-soft brushes or even finger brushes
- ✓ Offer plain toothpaste (it works just as well!)
- ✓ Create a quiet corner for brushing
- ✓ Dim the lights or use natural lighting

The Communication Champions

These kids understand the world differently.

What they might find tricky:

- ✗ Following multi-step instructions
- ✗ Telling you if something hurts
- ✗ Understanding “brush in circles”
- ✗ Joining group activities

Your superpowers to help:

- ✓ Use picture cards showing each step
- ✓ Give extra thinking time
- ✓ Break it down: “Put toothpaste on brush” (pause) “Now brush front teeth”
- ✓ Watch for body language instead of waiting for words

Building on Success:

Notice what each child already does brilliantly - then use those strengths to support their brushing journey!



The Movement Masters

These kids' bodies work differently.

What they might find tricky:

- ✗ Holding a toothbrush steady
- ✗ Coordinating brushing movements
- ✗ Standing still for 2 minutes
- ✗ Reaching all their teeth

Your superpowers to help:

- ✓ Try chunky-handled brushes or electric ones
- ✓ Offer gentle hand-over-hand help
- ✓ Start with shorter times
- ✓ Let them sit or find their comfy position

The Learning Style Legends

These kids process information in their own special way.

What they might find tricky:

- ✗ Remembering the steps
- ✗ Understanding why brushing matters
- ✗ Following the group pace
- ✗ Staying focused

Your superpowers to help:

- ✓ Use songs or countdowns
- ✓ Show real pictures of healthy vs unhealthy teeth
- ✓ Let them control the MDBuddy video pace
- ✓ Focus on one skill at a time

Your Practical Adaptation Toolbox



Quick Check: Does this child have any specific care plans or family preferences about oral care? A 30-second check can save you time and boost success!

Creating Your Sensory-Friendly Zone

Quick Environment Fixes:

Softer lighting (natural light is perfect!)

Quieter space away from busy areas

Smaller groups (2-4 kids instead of the whole class)

Calm corner available for breaks

Gentle background music



Equipment Superpowers:

Toothbrush options

Soft, extra-soft, electric, finger brushes

Toothpaste choices

Plain, mild mint, fruit flavored

Timing tools

Visual timers, sand timers, counting songs

Choice boards

Let kids pick their preferences

Communication & Physical Support



Communication That Works

Clear Communication Tips:

- * Use simple words: “Put paste on brush”, not “Apply toothpaste”
- * Give thinking time between instructions
- * Show AND tell (demonstrate while explaining)
- * Check understanding: “Show me which toothbrush you want.”

Alternative Communication:

- * Sign language for familiar signs
- * Picture exchange systems kids already use
- * AAC devices integrated naturally
- * Body language and pointing totally count!



You're the Expert: You know your children best! Trust your instincts about what might work, and don't be afraid to try creative solutions.

Visual Support Heroes:

Picture schedules showing each step

Choice cards for toothbrush/ toothpaste options

“All done” cards to show when it's finished

Social stories about brushing time

Building Physical Success

Positioning and Support:

- * Let kids find their best position (sitting, standing, leaning)
- * Offer gentle hand-over-hand guidance
- * Use mirrors so kids can see what they're doing
- * Provide supportive seating if needed

Motor Skill Builders:

- * Start with big movements, then smaller ones
- * Use hand-over-hand to build muscle memory
- * Practice brushing motions without a toothbrush first
- * Celebrate effort over perfection

Making It Fun and Motivating

Engagement Strategies:

- * Incorporate kids' special interests (dinosaurs love clean teeth, too!)
- * Offer choices whenever possible
- * Use positive reinforcement for trying
- * Create brushing challenges and games

Success Celebration:

- * Acknowledge every attempt
- * Focus on what they *did* do
- * Take photos of proud moments
- * Share wins with families

Behaviour Support That Actually Works



When Kids Feel Overwhelmed

Quick Response Strategies:

Stop immediately

Don't push through distress

Remove overwhelming input

(Turn off music, dim lights)

Offer choices

“Break time or try something different?”

Stay calm and supportive

Your energy affects theirs



Remember: Managing these moments well is a skill that builds over time. Every challenging situation you handle makes you better equipped for the next one!

Early Warning Signs:

Covering their ears or eyes

Moving away from the activity

Getting very quiet or very loud

Repetitive movements increasing

Every child shows stress differently - you're becoming an expert at reading your children's unique signals!

Building Confidence Step by Step

The Gradual Approach

- Week 1:** Just hold a toothbrush (success!)
- Week 2:** Put it in your mouth (amazing!)
- Week 3:** Move it around a little (incredible!)
- Week 4:** Add a tiny bit of toothpaste (superstar!)
- Week 5:** Keep building at their pace

Your Confidence Builder Toolkit

- * Document what works (even tiny wins!) - you're building evidence of success
- * Share celebrations with families - they love hearing good news
- * Trust the Process: Some children need longer at each step, and that's completely normal
- * You're Making a Difference: Every positive experience you create builds their confidence for future dental care

Confidence Builder

- * Celebrate every tiny step forward
- * Let kids be the experts on their own comfort
- * Share success stories (with permission)
- * Build on what they *can* do

Crisis Prevention Magic

Preventing Overwhelming Moments

- * Prepare kids in advance: "After story time, we'll brush teeth"
- * Use visual schedules so kids know what's coming
- * Offer choices to maintain some control
- * Keep sensory breaks available

Recovery Support

- * Have a calm space ready
- * Use familiar comfort strategies
- * Don't rush back to activity
- * Learn from each experience to prevent it next time

Working with Families & Celebrating Success

Working with Families

Home-School Connection:

- * Share what works at school
- * Ask what works at home
- * Coordinate strategies together
- * Celebrate successes across both settings

Regular Check-ins:

- * Quick daily feedback: "Great brushing today!"
- * Weekly strategy shares via email or app
- * Monthly progress celebrations
- * Problem-solving together when needed

Celebrating Success: What Success Looks Like

Different Kids, Different Wins:

Child B Went from screaming to holding a toothbrush = HUGE win!

Child C Brushed for 10 seconds instead of 2 minutes = Perfect progress!

Child D Chose their own toothpaste flavour = Independence victory!

Child E Helped a friend learn = Leadership success!

Tracking the Amazing

Simple Progress Notes:

- * Date: What worked well today?
- * Quick wins to celebrate
- * Strategies that helped
- * Ideas for next time
- * Share-worthy moments for families

Building Champions

Peer Support Magic:

- * Pair confident brushers with learning friends
- * Celebrate classroom brushing achievements together
- * Share (anonymous) success stories that inspire
- * Create an inclusive classroom culture where everyone belongs

Working with Families & Quick Reference

Building Your Support Network

You don't have to figure everything out alone! Your brilliant colleagues include:

- Your SENCO (SEND expertise)
- School nurse (health guidance)
- Other teachers (shared strategies)
- Family liaison officers (communication support)

Growing Your Expertise

When to Celebrate Your Skills

- You adapted an approach and it worked
- You stayed calm during a challenging moment
- You tried something new
- You worked well with families or colleagues

When to Seek More Tools

- You'd love fresh ideas for a specific situation
- A child's needs seem to be changing
- Families have questions you can't answer
- You want to deepen your SEND knowledge

Quick Collaboration Wins

“What works well at home?”

“Any tips from previous teachers?”

“Family preferences we should know about?”



Remember: Seeking support shows professional strength, not weakness!



My Dental Buddy

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