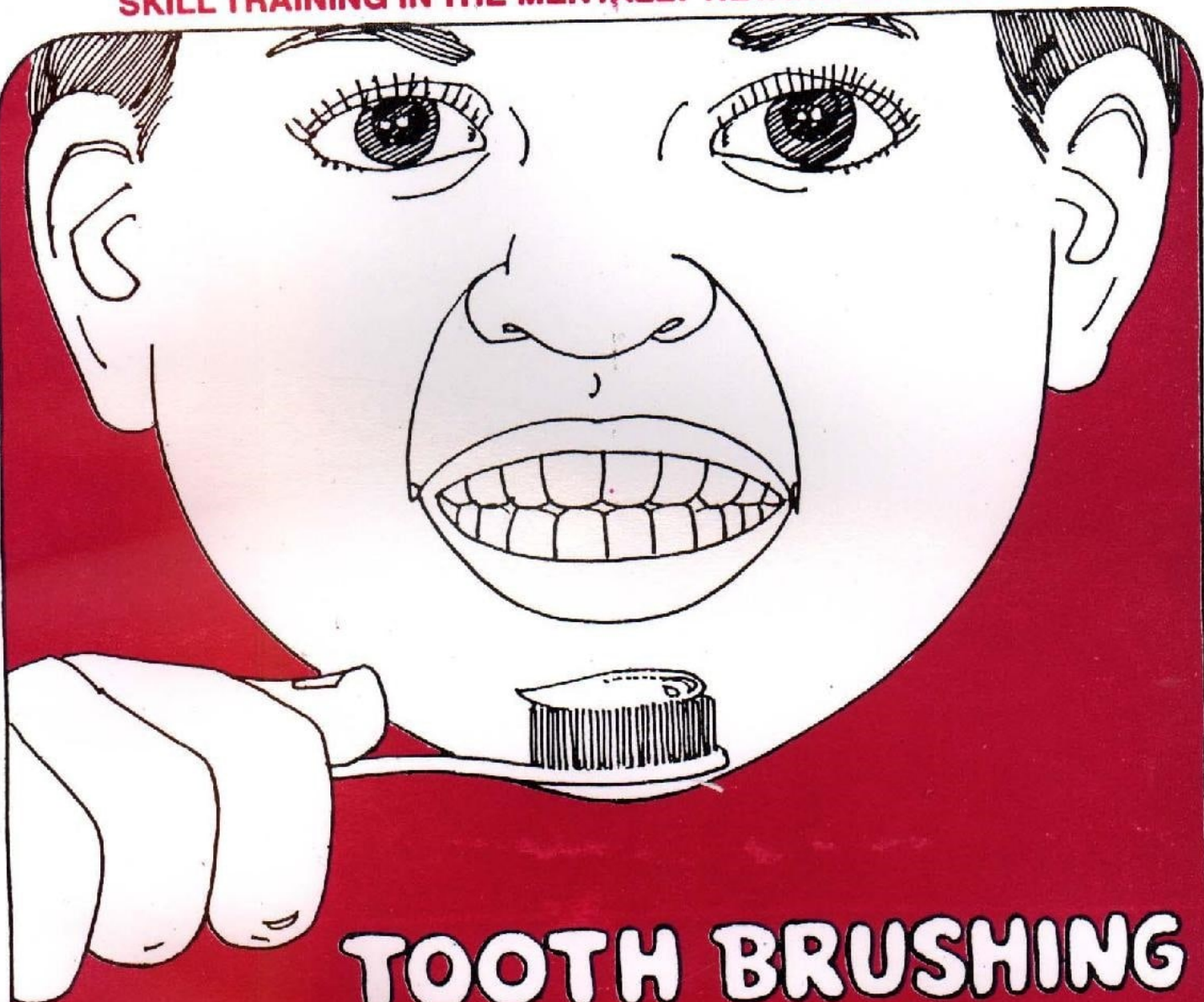


SKILL TRAINING IN THE MENTALLY RETARDED PERSONS



TOOTH BRUSHING

PACKAGE FOR TRAINERS



TOWARDS INDEPENDENCE SERIES - 5

**NATIONAL INSTITUTE FOR THE
EMPOWERMENT OF PERSONS WITH
INTELLECTUAL DIABILITIES(DIVYANGJAN)
(NIEPID)**

INTRODUCTION

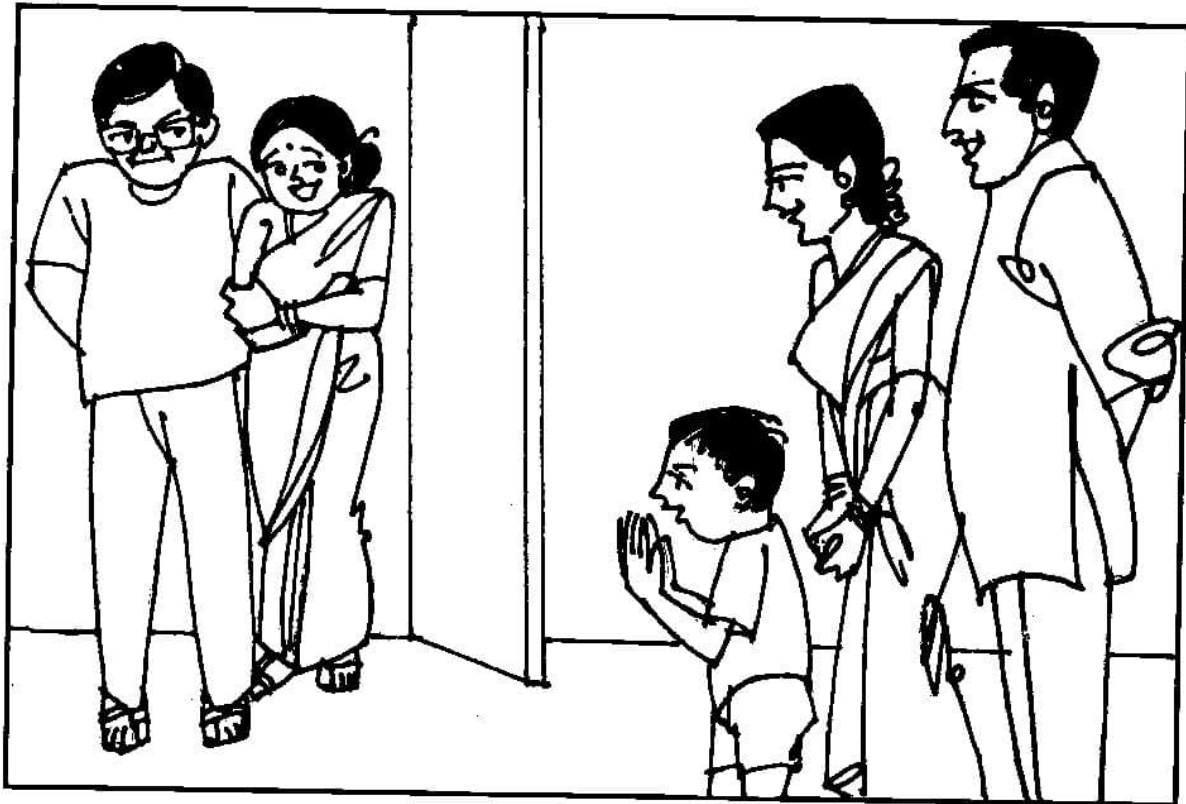
Normal children increasingly become independent in self help skills, as they grow older. Without much effort they learn activities like washing, feeding and dressing. For the acquisition of these skills, a mentally retarded child needs special training. The mentally retarded persons, even with profound retardation can learn some of the self help skills with systematic training.

Tooth brushing is one of the self help skills which has to be taught to the mentally retarded persons step by step. It includes

- Identification of his own brush
- Applying paste on tooth brush
- Brushing front left, middle and right sides and inside of the teeth properly.
- Tongue cleaning
- Rinsing mouth and washing face

**WITH EVERY SKILL THAT THE MENTALLY
RETARDED PERSON ACQUIRES**

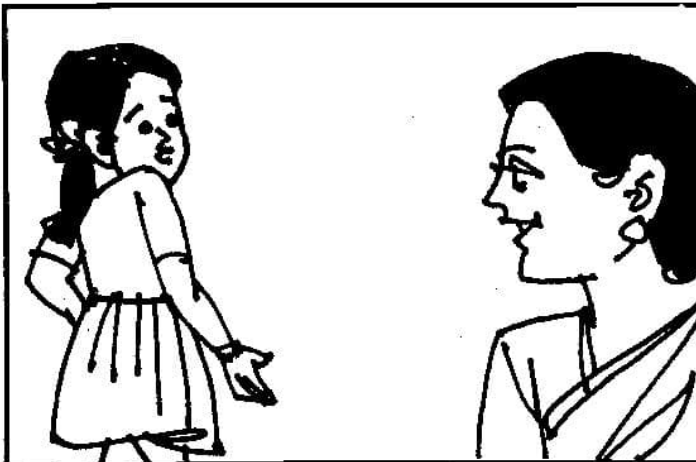
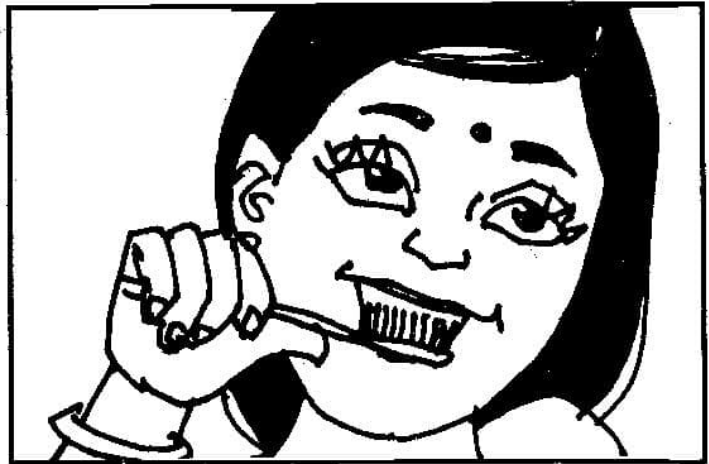
- He becomes less dependent
- He gains great satisfaction
- Workload of caretakers reduce
- The attitude of society towards him changes for the better



READINESS FOR TRAINING

To start training in tooth brushing a child needs,

Eye-hand coordination to hold the brush and to brush the teeth.



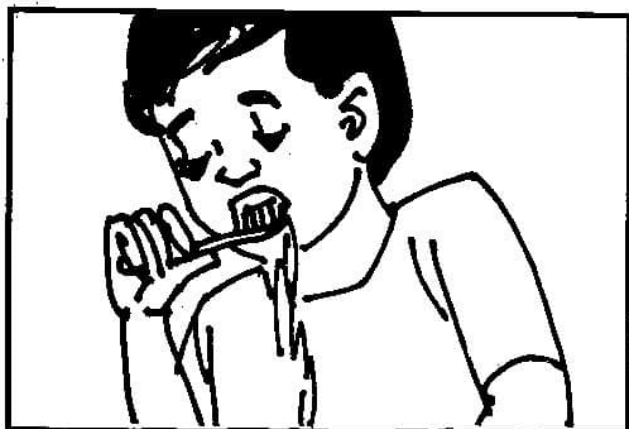
Ability to follow instruction.

PROBLEMS DURING TRAINING

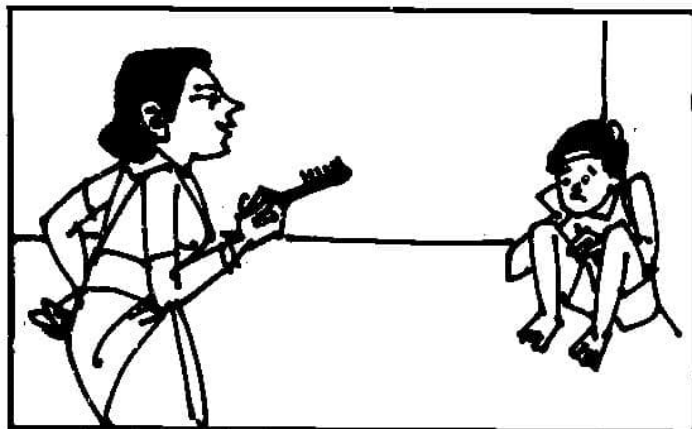
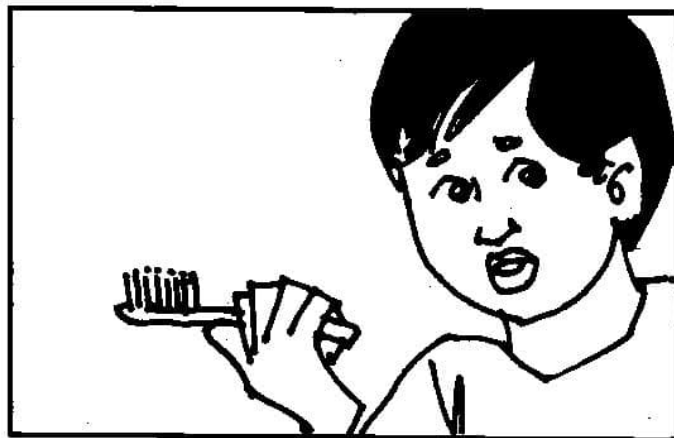
Difficulty to spit



Habit of swallowing paste



Lack of coordination of fingers to hold brush and inability to reach the back of teeth.



Lack of initiation to do it as a daily routine.

POSSIBLE SOLUTIONS

If the child has difficulty to spit :

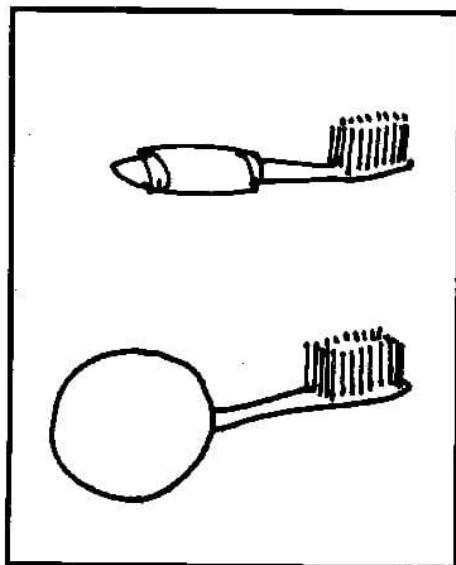
Hold the child's neck at the back and help him to bend his head. Put water into his mouth. Tell him to spit the water from mouth. Do it four to six times till the mouth gets cleaned. Use consistently one word in one language for 'spitting'.



If the child has a habit of swallowing tooth paste

The child may like the taste of the particular tooth paste. If this is the reason to swallow paste, change the tooth paste which does not taste good so that he may not swallow. At the same time, get his cooperation to brush his teeth with the new tooth paste.

The first experience a child has with a food item in the mouth is 'swallowing'. Therefore, it is natural that the child may tend to swallow. Spitting, which is the opposite of swallowing, therefore, needs to be taught. Show him by taking water in your mouth and 'spitting' in the washing area, while he watches you. Let him imitate you.

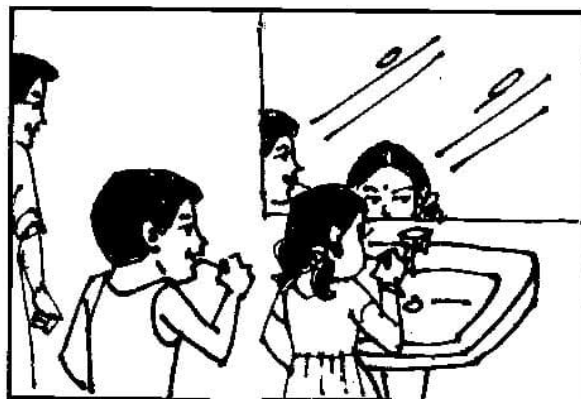


If the child has lack of coordination of fingers to hold brush :

Daily finger exercises to pick up and hold will help to improve finger coordination. The handle of the brush can be made thicker by keeping it inside a ball/covering with a piece of cloth.

If the child has lack of initiation to do it as a daily routine :

Let the child watch when the family members brush their teeth. Take him with you and motivate him to brush his teeth. children learn better from other children. If possible let his brother or sister brush with him. Use a mirror to see while brushing.



Make it a habit to have him brush teeth every morning after getting up from sleep and before going to bed.

Praise and reward him for his attempts and regularity.

Make him understand that he would get his milk/breakfast in the morning only if he brushes teeth.

WHEN TO TRAIN ?

1. Instead of simulating situations for training, make use of the actual situation:

After getting up from sleep



Before going to bed in the night.

**Praise and reward the child
for regularity in brushing**

HOW TO TRAIN ?

Methods to teach tooth brushing using



a tooth brush,



finger and



neem stick

are explained in this booklet.

Select the one the child has to use in his daily routine depending on his home environment.

Use the method explained step-by-step in this booklet.

Initially, get his cooperation and physically help him to do the activity. Gradually reduce the physical help and tell him what to do next till he masters the skill.

For example hold his hand and guide him to hold the brush and raise it to the mouth and brush teeth. Gradually reducing the physical aid, make him hold the brush properly and brush by himself.

Once he finishes brushing front teeth, tell him to brush back teeth, left side, then back teeth right side and so on.

Reward his attempt and success, insist on brushing his teeth at proper times and explain to him what happens if he does not keep his teeth clean - mouth stinking, teeth getting spoiled, teeth looking dirty and yellow and so on.

**Washing mouth is important
after every meal**



Appreciate his attempts and success.



Let him do it by himself. Provide a mirror to see while brushing.



Verbally guide him what to do next and how to do.



Physically help him.



Let him watch when the trainer brushes his / her teeth.

STEP BY STEP TRAINING

Cleaning teeth with tooth brush and tooth paste can be divided into 4 stages.

1. Applying tooth paste on to brush

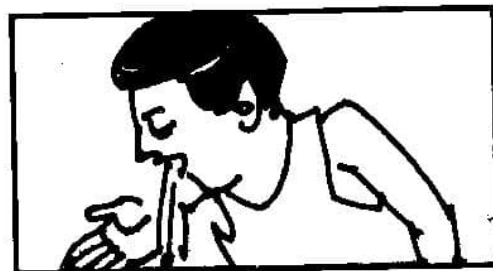


2. Brushing front, left and right teeth properly.



3. Cleaning mouth after brushing.

4. Tongue cleaning



5. Washing face with soap and drying hands and face with towel.

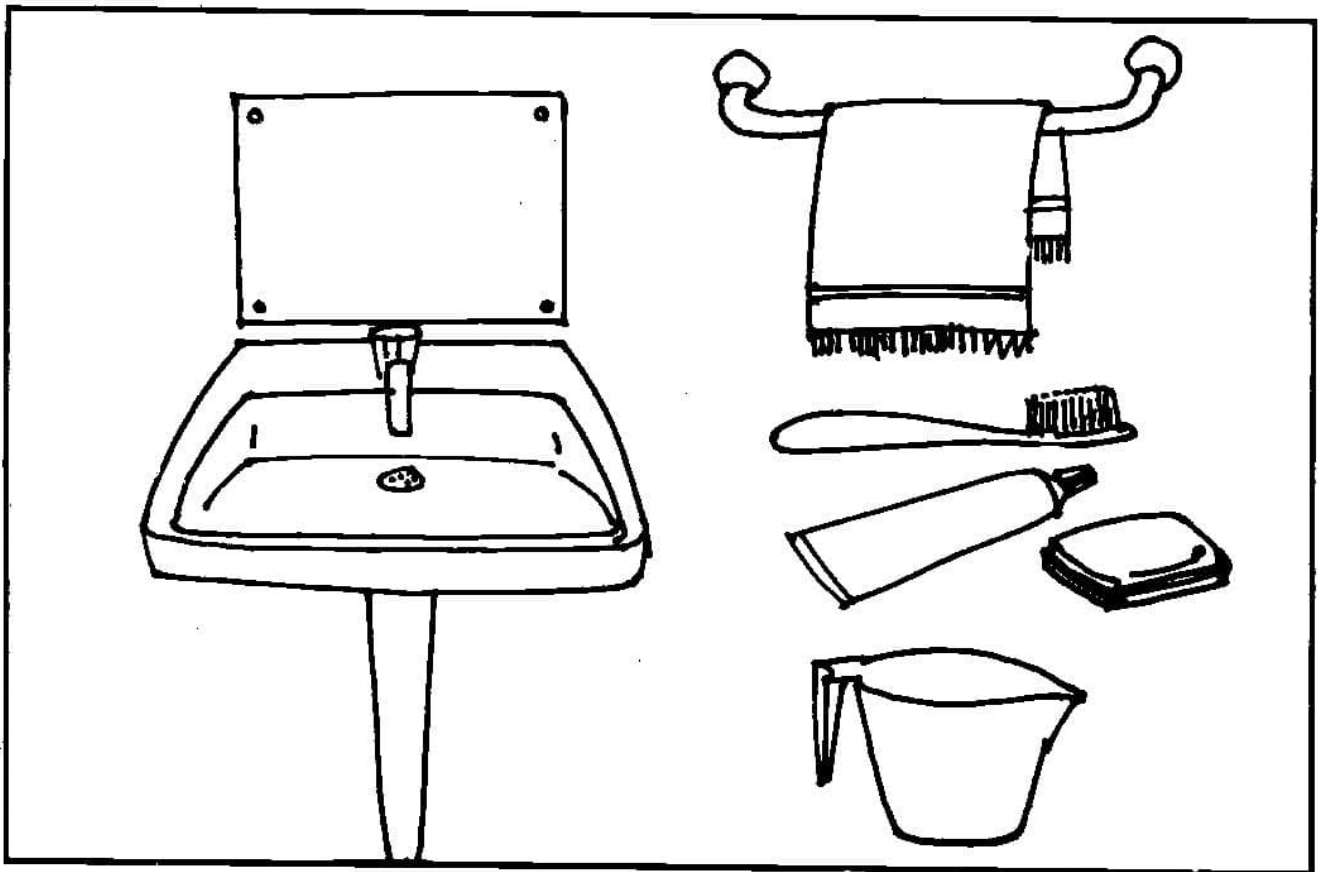


The above steps could be divided into smaller steps so that any child can learn step by step.

CLEANING TEETH WITH TOOTH BRUSH

MATERIALS NEEDED :

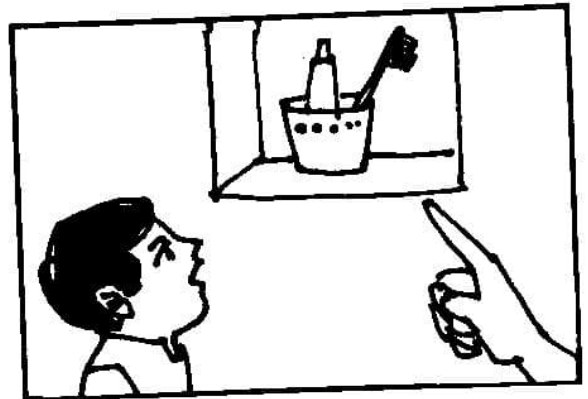
Tooth brush, Tooth paste, Wash basin, Tap water, Mug, Soap, Towel, Mirror.



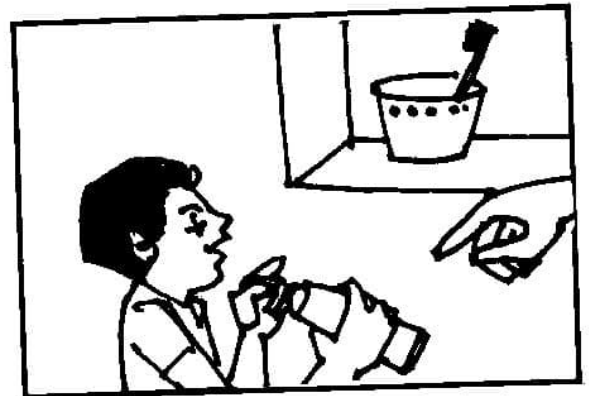
Let the child identify / name the materials needed for tooth brushing.

STEP 1: APPLYING TOOTH PASTE ON TO BRUSH

1. Show the child the shelf where the tooth brush and paste are kept. Tell him to take the tooth paste from the shelf.



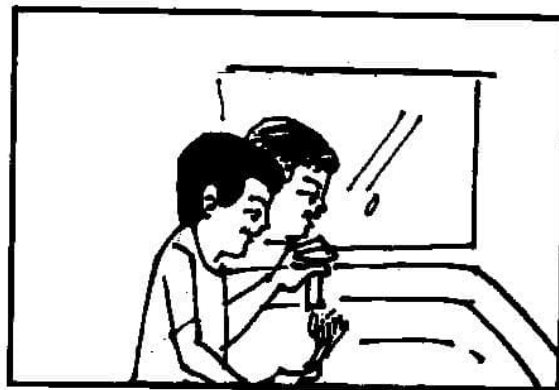
2. Guide him to take off the cap and place on the shelf.



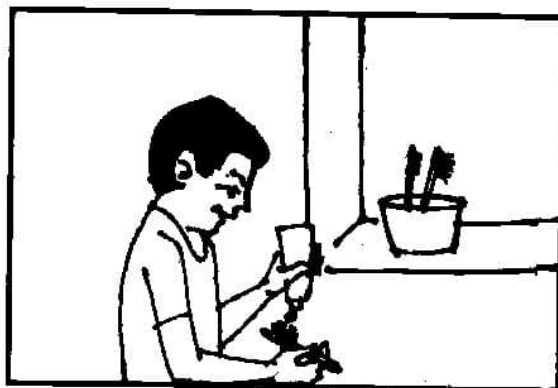
3. Tell him to take the brush from the shelf.



4. Guide him to hold the brush in one hand, open the tap with the other hand, wet the brush and close the tap.



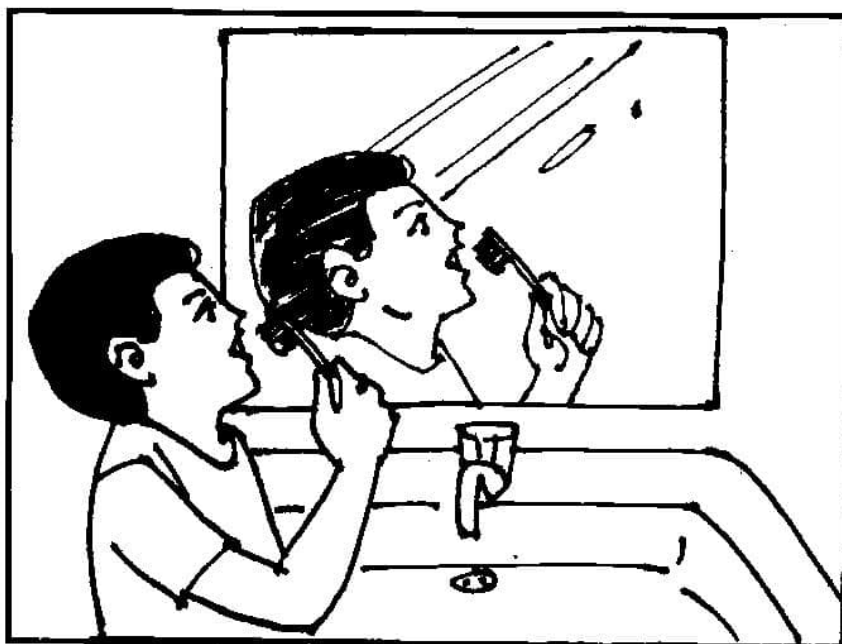
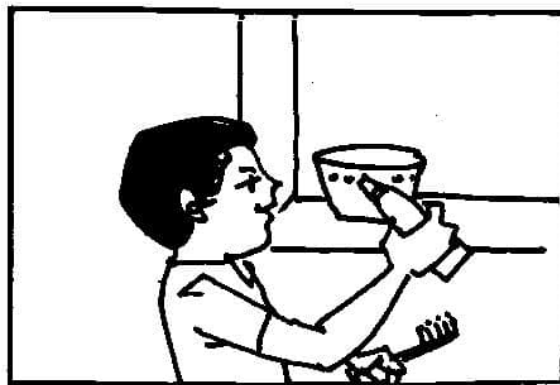
5. Help him to take the paste with the other hand. Guide him to squeeze the paste with the left hand and apply over the brush.



6. Tell him to keep the brush on the sink.

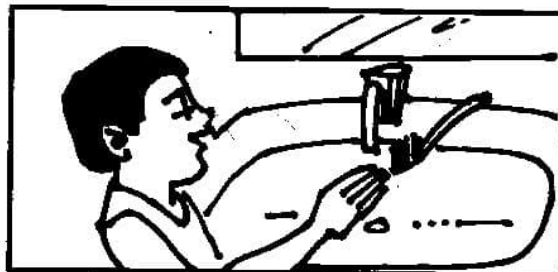


7. Guide him to take the cap from the shelf, close the paste tube and replace on the shelf.



STEP II : BRUSHING FRONT, LEFT AND RIGHT TEETH PROPERLY.

1. After keeping the paste tube on the shelf, tell him to take the brush from the wash basin.



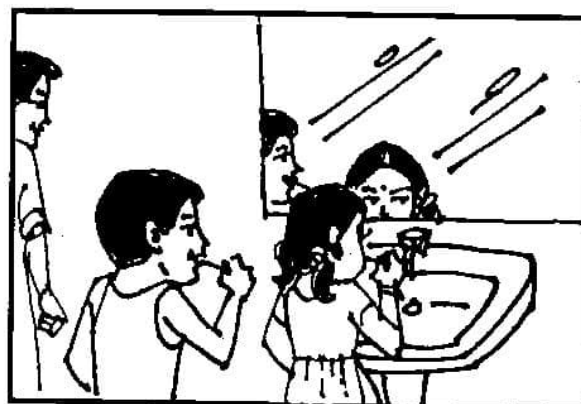
2. Guide him to move the brush, towards mouth and brush front teeth with up and down strokes.



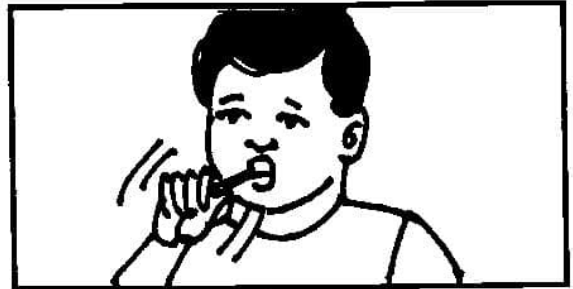
3. Guide his hands to brush backside teeth on the left side



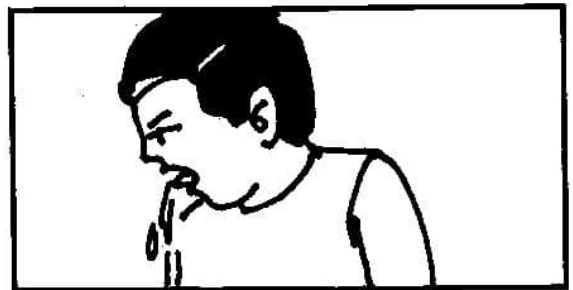
4. Instruct him to look in the mirror
5. Let a person - preferably a brother / sister brush with him so that he can imitate the model



6. Guide him to brush back teeth-right side.



7. Demonstrate how to spit and tell him to spit.



8. Guide him to brush inside back teeth left side-upper jaw.



9. Help him to brush inside back teeth left side-lower jaw.



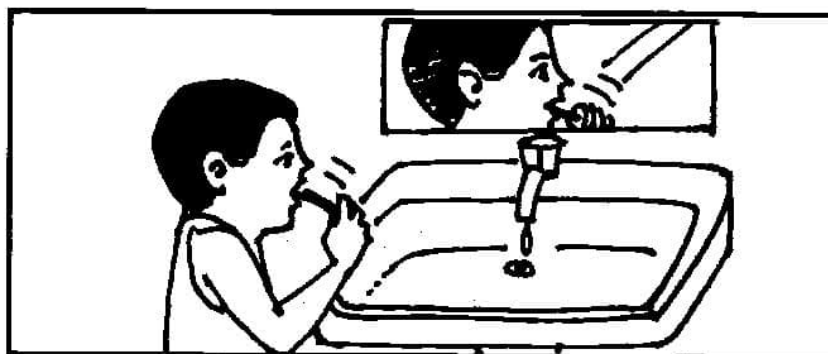
10. Guide him to brush inside back teeth right side-upper jaw.



11. Guide him to brush inside back teeth right side-lower jaw.

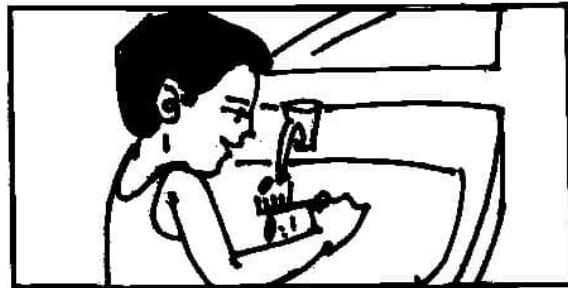


12. Tell him to spit paste out after brushing.

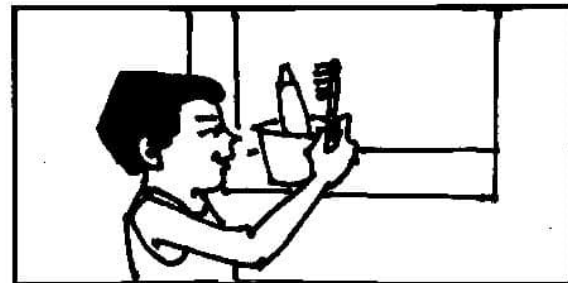


STEP III : CLEANING MOUTH AFTER BRUSHING

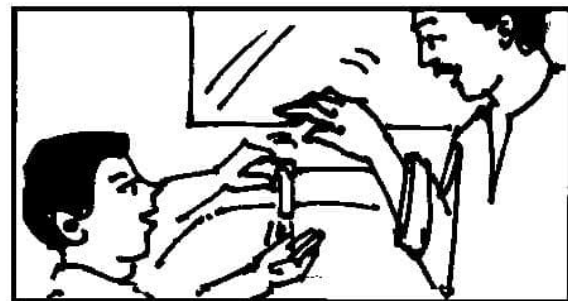
1. Guide the child to hold the brush under the water and clean it properly.



2. Tell him to keep the brush back in the shelf.



3. Demonstrate and tell him to open the tap and take the water in the right hand. If he cannot do assist him by cupping your right hand under his and help him to do so.



4. Guide him to take the water towards the mouth and sip. If he has difficulty in taking water in the hand, let him sip from a glass/mug directly and rinse the mouth.

