

How to Adapt a Toothbrush

If the child cannot hold their toothbrush, you can modify it to suit their needs. Follow these recommendations to make it easier for your child to hold the toothbrush:

Tennis Ball



Cut a hole on both ends of a tennis ball and then push the toothbrush through the ball.

Bicycle Handle



Push the toothbrush into the hole where the bicycle handle would fit. Not all bicycle handles will work.

Elastic band



Use an elastic band or a piece of Velcro to hold the brush in the child's hand. Be careful not to pull too tight.

Visit the dentist regularly so they can observe your child's dental development.

Material adapted from the South Carolina Department of Health and Environmental Control, Division of Oral Health.
Source: <https://scdhec.gov/sites/default/files/Library/CR-010418.pdf>



Autorizado por la Oficina del Contralor Electoral OCE-SA-2024-01115

Photo Credits: Tennis Ball: <https://www.facebook.com/CobblestoneDentalCare/photos/a.1543275855924736/3050404265211880/?type=3> | Bicycle handle: <https://portal.ct.gov/AdvocatesCorner/Life-Tips/Dental-Health/Toothbrushes> | Elastic band <https://exceptionalsmiles.org/adaptations-for-the-toothbrush/>