




Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin



My Mouthcare Plan



Name _____

Completed with _____

Date _____

Review date _____



Find us at www.brushmyteeth.ie



What is a Mouthcare Plan?

A mouthcare plan is an agreed plan about how to keep your mouth healthy. It has three steps.



1



Ask what problems you have in your mouth.
Then check your mouth for problems.

2



Next, choose which problems you want to fix.
Ask which goals you want to achieve by fixing these problems?

3



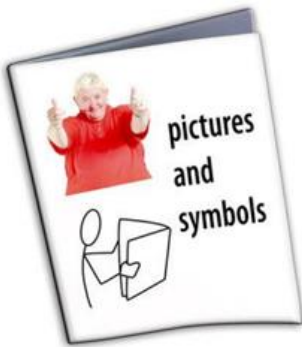
Then, make a plan to achieve your goals
Ask who needs to do what, where and when?
Lastly, ask how will you know your plan worked.

Making my Mouthcare Plan



You can make a plan on your own or you can ask someone to help you.

Your keyworker, other support staff, family and dental team can help.



You can use words, drawings, photographs, pictures, or symbols.



Remember this is your information, so you can decide who to share it with.

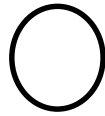
1



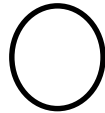
2



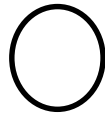
My problems I want to fix are



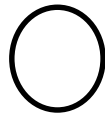
1. Gum problem



2. Bad breath



3. Rotten teeth



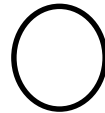
4. Pain



5. Other Problems



My goals for my mouth are



1. Healthy gums



2. Fresh breath



3. Healthy teeth



4. No pain

5. Stay healthy



3

Plan



What needs to be done ?

Where?

When?

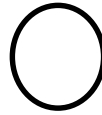
With whom?



How will you know you met your goal?

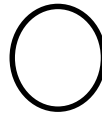
Watch video

See page 6



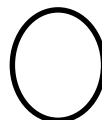
Follow my brushing plan

See page 7



Other things

See page 8
or add below





My video to watch



Watch a video about how to brush your teeth.

Circle or tick your video and watch it at

www.brushmyteeth.ie

Normal toothbrush



Video 1



No help

Video 2



A little help

Video 3



A lot of help

Electric toothbrush



Video 4



No help

Video 5



A little help

Video 6



A lot of help

Special brush



Video 7



No help

Video 8



A little help

Video 9



A lot of help

I will watch video number _____ with _____ on _____



My brushing plan



This section helps you agree how to brush your teeth as part of your action plan. Answer these questions in the boxes below and update your action plan.

Where I brush my teeth

When I brush my teeth

How long I brush for

The brush I use

How I brush

The help I get

My toothpaste / mouthwash

My flossing



Other things I can do to keep my mouth healthy



Things I can do with food and drink are:



Important things about my dentist



Things that help me when I visit the dentist