

The Dentist

*Helping Individuals to Overcome
Barriers to their Oral Hygiene.*



Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses 

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Introduction

Storytelling builds a bond between the storyteller and the story explorer, enhancing well-being, enriching experiences, building trust and aids communication, social and emotional development.

Observing reactions to a range of sensory stimuli enables you to build a picture of an individual's sensory preferences. This record of likes, dislikes, motivators and triggers can help parents, carers and teaching staff make informed choices to enhance daily life in areas such as diet, sensory needs, care plans, daily activities and leisure activities.

Additional learning is enhanced through the development of turn taking skills, building tolerance, attention skills and sharing. Other learning outcomes are the skills of shared attention, increased engagement, achievement of learning targets, reduction in unwanted behaviours, social interaction and helping individuals to overcome barriers through a safe environment.

Sensory stories are an excellent motivating tool for encouraging alternative communication systems. non-verbal, early communication skills, Makaton, BSL, body sign, choose boards, and to facilitate PECS exchanges.

This story will build the story explorer's confidence to explore new and unfamiliar sensory experiences. Repeating the story in a safe and comfortable setting, can help the individual to become gradually desensitised to the props, helping to prepare for visits out of their daily routine, in this case, an appointment or encounter with the dentist.

⚠ Please read the health & safety information below prior to engaging in any of the activities.

Health & Safety Disclaimer

The author has used their best efforts in preparing this resource and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness to the contents.

The information in this resource is for pleasure purposes only.

If you wish to apply any ideas contained in this resource you are taking full responsibility for your actions.

If you are in any doubt regarding undertaking any activity or using a prop then seek advice before starting.

⚠ These activities are designed to be led and supervised by a responsible adult at all times.

⚠ Be aware of choking hazards.

⚠ Check the ingredients in any items you may be using for potential food or skin allergies or reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

⚠ The interactions should be led by the story participant who should be allowed to participate without expectation. Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.

Your questions, queries, comments and feedback are always welcome:)

Resources/Props Checklist

Checklist of Resources (Story Props)

You may not need all of the items listed. There are different prop options within the story.

'The Dentist' - **Mirror**

'The Dentist's Room' - **Hand Sanitiser/Alcohol Wipe, Feather/Feather Duster**

'Scrubs' - **Blue/White or Green Shirt or Tunic**

'The Face Mask': - **Disposable Face Masks (x2)**

'Blast of Air' - **Balloon Pump/Bicycle Pump**

'The Light' - **Battery Operated Torch/Hand-Held Torch/Head Torch/Wind-up Torch/Pen Torch, Mirror**

'Goggles' - **Goggles/Safety Glasses/Sunglasses, Mirror**

'Ready?' - **Bib/Napkin/Paper Towel/Flannel**

'Open Wide' - **Mirror**

'Cleaning Teeth' - **Electric Toothbrush/Mini Massager, Toothbrush/Toothpaste, Bowl, Cup of Water, Fresh Mint/Fennel Seeds**

'Mouthwash' - **Cup, Bowl/Sink Child-Friendly Mouthwash or Water (option to add a few drops of Pink Food Colouring)**

Stickers! - **Sticker or Badge**

💡 **Have a class budget?**

1. Consider purchasing a large scale detailed Dental Care Teeth Model. These have a bendable wire spring and are the perfect tool for teaching about teeth and demonstrating the correct way to brush our teeth.
2. Purchase a toy dental kit.
3. Looking for a fun game? 'Crocodile Dentist' by Hasbro.

How to Tell a Multisensory Story

Choose a quiet, distraction free place that is comfortable for you and the story explorer.

Set out your resources where they are easily accessible to you but out of reach and sight of the story explorer.

The story is set out in a three column table format: '**STORY**' '**PROP**' '**SENSORY EXPERIENCE**' Read each sentence of the **STORY** slowly and clearly, introducing the story **PROP** as the corresponding word (highlighted in red lettering) of the sentence appears. Provide the **SENSORY EXPERIENCE**.

Allow the story explorer time to engage their senses exploring the prop and to process the sensory experience. This will give you plenty of time to prepare your next prop.

Use a variety of facial expressions, gestures and animated voices to add interest and communicate meaning.

Work through the story at the story explorer's pace. It should be a relaxing and enjoyable experience for you both. You do not have to complete the story in one sitting. You can explore one or two sentences adding to the story in the next sitting. It may take several sessions to complete the story.

Repetition is the key! The more exposure the story explorer has to the story, the more familiar they will become with it.

Focus on having fun and it will become an educational experience!

The Dentist - Full Poem

We need to look after our teeth and keep them nice and clean
So to help we visit the dentist who will make them gleam.
The dentist's room is light and bright and smells a little funny
You might feel a nervous feeling like a tickle in your tummy.

The dentist wears a shirt, it may be blue, white or green
This protects from the dirt to keep her nice and clean.
She wears gloves and a face mask covers her mouth and nose
That is ok, its part of a dentist's clothes.

'll take good care' the dentist says as I lie back in my chair
With a big smile she tickles my hand with a blast of air
Above my head is a light that shines onto my teeth
'll use this little mirror so I can look around and underneath'

The dentist wears goggles to stop the lights that glare
They look like big sunglasses, she offers me a pair
The dentist gives me a little bib, it tucks under my chin
She says that when I'm ready, that we will begin.

The Dentist - Full Poem

The dentist says words like 'relax' and 'open wide'

Then gently with her fingers, she takes a peek inside.

There is a special toothbrush used to clean my teeth

It hums and spins around my mouth and cleans right underneath.

The dentist says I need to rinse my mouth with a wash that is bright pink

I swish it around my teeth and gums then spit it down the sink.

The dentist says 'That's it, all done!' and offers me a sticker

I'm surprised that we are finished, my visit could not have been quicker!



'The Dentist'

Story	Prop	Sensory Experience
We need to look after our teeth and keep them nice and clean	Makaton sign for Dentist	To sign ' dentist ' using Makaton, curl your index finger and tap your front teeth twice. Can the story explorer copy your action and sign 'dentist'?
So to help we visit the dentist who will make them gleam	Mirror	With both you and the sensory explorer looking in the same mirror, model opening your mouth and look at your teeth in the mirror. Would the story explorer like to open their mouth and look at their teeth using the mirror ?
		Alternative Activities: Explore ' Fake/Wind-up ' or ' Joke Teeth Place the Teeth in a Mr Potato Head toy. Explore a game e.g. ' Crocodile Dentist ' Explore a Dental Care Teeth Model . Look at pictures/photographs of people and animals showing their teeth smiling.

'The Dentist's Room'

Story	Prop	Sensory Experience
The dentist's room is light and bright and smells a little funny	Alcohol Wipe	Wipe the table or the story explorer's laptray with an alcohol wipe . Can the sensory explorer copy your action?
	Hand Sanitiser	Sanitise your hands using hand sanitiser. Can the sensory explorer copy your action?
You might feel a nervous feeling like a tickle in your tummy.	Feather or Feather Duster	Taking their lead, gently tickle the sensory explorer using the feather/feather duster .

Story	Prop	Sensory Experience
The dentist wears a shirt , it may be white, blue or green	Shirt	Present the shirt for sensory exploration (option to offer a choice of colours) Would the story explorer like to try the shirt on?
This protects from the dirt to keep her nice and clean.		Place the shirt over the story explorer's clothing. Promote Self-Care Skills Can the sensory explorer put the shirt on independently? Can the sensory explorer communicate a request for 'help' if they would like assistance? Can the sensory explorer fasten the buttons on the shirt ?

'The Face Mask'

Story	Prop	Sensory Experience
She wears gloves and a face mask covers her mouth and nose That is ok, its part of a dentist's clothes.	Gloves Two Face Masks	Present the gloves for sensory exploration. Model wearing the gloves . Would the sensory explorer like to try the gloves on? Place a face mask over your mouth and nose. Would the sensory explorer like to wear a face mask ? Present the mirror so they can see their reflection. ⚠ Take the sensory explorer's lead as some individuals may not like having their face covered.

'Blast of Air'

Story	Prop	Sensory Experience
<p><i>'I'll take good care'</i> the dentist says, as I lie back in the chair</p> <p>With a big smile she tickles my hand, with a blast of air.</p>	<p>Balloon Pump or Bicycle Pump</p> <p>Fake/Joke/Wind-up Teeth Dental Care Teeth Model</p>	<p>Present the balloon pump/bicycle pump for sensory exploration.</p> <p>If using fake/joke teeth or a dental care teeth model, direct the air at the teeth.</p> <p>Taking the lead of the sensory explorer, very gently and carefully direct the air flow from the balloon pump/bicycle pump at the story explorer's hands/cheeks.</p> <p>Develop Fine Motor Skills</p> <p>Can the story explorer activate the balloon/bicycle pump to release the air?</p> <p>If using fake/joke/wind-up teeth or a dental care teeth model, can the sensory explorer direct the airflow at the teeth?</p>

The Light

Story	Prop	Sensory Experience
<p>Above my head is a light that shines onto my teeth</p> <p><i>'I'll use this little mirror so I can look around and underneath'</i></p>	<p>Battery operated Hand-Held Torch</p> <p>Head Torch</p> <p>Wind Up Torch</p> <p>Mirror</p>	<p>Present the torch for sensory exploration.</p> <p>Model shining the torch onto your teeth.</p> <p>Would the sensory explorer like to shine the torch on their teeth? Present the mirror so they can see their reflection.</p> <p>Explore Cause & Effect</p> <p>Can the sensory explorer operate the ON/OFF button on the torch or practice their fine motor skills to turn the handle on a wind-up torch?</p> <p>If using fake/joke/wind-up teeth or a dental care teeth model, can the sensory explorer shine the light onto the teeth?</p>

'Goggles'

Story	Prop	Sensory Experience
The dentist wear goggles to stop the lights that glare They look like big sunglasses, she offers me a pair.	Goggles/Safety Glasses/Sunglasses Mirror	Offer the story explorer a pair of sun-glasses/safety glasses/goggles to wear. Present the mirror. Encourage the story explorer to look at their reflection in the mirror. Promote Self Care Skills Can the sensory explorer put the goggles on independently? Can the sensory explorer communicate a request for 'help' if required.



Story	Prop	Sensory Experience
<p>The dentist gives me a little bib, it tucks under my chin</p> <p>She says that when I'm ready, that we will begin</p>	<p>Bib/Napkin/Paper Towel/Flannel</p>	<p>Present the for Bib/Napkin/Paper Towel or Flannel for sensory exploration.</p> <p>Loosely tuck the Bib/Napkin/Paper Towel or Flannel into the collar of the story explorer's clothing or lay it over their chest.</p> <p>Practice Self Care Skills</p> <p>Can the sensory explorer tuck the bib into their shirt?</p>



'Open Wide'

Story

The dentist says words like *'relax'* and *'open wide'*

Then gently with her fingers, she takes a peek inside.


Prop Sensory Experience

Mirror

Encourage the sensory explorer to open their mouth to your cue of "open wide" whilst they look in the mirror.



'Cleaning Teeth'

Story	Prop	Sensory Experience
There is a special toothbrush used to clean my teeth	Electric Toothbrush/Mini Massager	Explore the sensation of the electric toothbrush or massager on the back of the story explorer's hand.
It hums and spins around my gums and cleans right underneath	Toothpaste Manual Toothbrush Bowl Water Mirror	Promote Fine Motor Skills Can the sensory explorer remove the toothpaste tube lid independently? Can the sensory explorer apply the toothpaste to the brush independently? Can the sensory explorer brush their teeth independently? Can the sensory explorer communicate a request for help if they would like assistance? Model brushing the teeth the correct way (using your own toothbrushes!)
	Fresh Mint Fennel seeds	Offer encouragement and praise as the story explorer admires their clean teeth in the mirror .  Alternative Activity As an alternative to toothpaste, offer the sensory explorer fresh garden mint or fennel seeds to chew.

'Mouthwash'

Story	Prop	Sensory Experience
<p>The dentist says I need to rinse my mouth with a wash that is bright pink</p> <p>I swish it around my teeth and gums then spit it down the sink</p>	<p>Child friendly Mouthwash or Water Plastic Cup Sink or bowl</p>	<p>Open the lid of the mouthwash and gently waft for the sensory explorer to smell.</p> <p>Model using the mouthwash.</p> <p>Pour a tiny amount of mouthwash into a container.</p> <p>Can the and sensory explorer swish the mouthwash around their mouth then spit it out into a sink or bowl?</p> <p>i Substitute mouthwash for water with a drop of red food dye if there is a chance the sensory explorer may swallow the mouthwash.</p> <p>Alternative Activity Explore disclosing tablets</p>

Strategies to Help Individuals Overcome Barriers to Dental Hygiene

The oral stimulation and sensory input required for brushing our teeth can be overwhelming for an individual with sensory issues and special needs.

Let's explore some of the issues that may be barriers to dental hygiene and suggested strategies.

Q Sensory overload

For an over responsive sensory system, brushing the teeth can be an unpleasant sensation, it may hurt or tickle. Reassure the individual that you understand this and that you are there to help and support them.

Q It's time consuming!

Two minutes is a long time to engage in an activity such as teeth brushing. Provide a visual aid such as a digital timer, sand timer, egg timer or a stopwatch. Add a visual schedule. This will enable individuals how many steps there are in the process, where they are up to and what is coming next.

🔄 Maintain a routine

Ensure that teeth brushing takes place at the same time every morning and evening. Offer praise and allow the individual to choose a motivating activity to look forward to after they have brushed their teeth. This could be sharing a book, playing a game or looking at photos.

🔄 The Toothpaste

Mint toothpastes can present as 'hot' and may even feel like they 'burn' to an individual who is sensitive to strong flavours. Switch to an unflavoured toothpaste or one without mint such as a fruity toothpaste.

oraNurse® Unflavoured Toothpaste

oraNurse® is an unflavoured toothpaste specially formulated for people sensitive to strong flavours.

The toothpaste was initially developed in a response to the need of autistic children sensitive to taste to the extent of not

liking the taste of water. oraNurse® has the daily recommended fluoride and is SLS free (non-foaming).



Henry, a twelve year old with Autism has an oversensitive sensory system. Henry only eats bland food and finds strong smells and flavours overwhelming. Henry agreed to test the oraNurse® unflavoured toothpaste. He responded well to the toothpaste's plain white colour and smooth texture (he will not use coloured toothpastes, dislikes 'grainy' sensations and the appearance, taste or texture of gel toothpastes). The non-foaming feature was fantastic as toothpaste froth makes him gag. It left the teeth beautifully clean and the breath fresh. When it came to brushing the teeth at bedtime, he was quite happy to use the toothpaste again. This was very positive as when he is tired at the end of the day tooth brushing time can be a bit of a battlefield!

Henry now uses oraNurse® as his regular toothpaste and is a lot happier. The product has taken the 'sting' out of his toothbrushing regime.



Other possible indications for the need of an unflavoured toothpaste

include: Lichen Planus sufferers, head and neck cancer patients after radiotherapy, burning mouth syndrome, Asperger syndrome, Autism, Sjögrens syndrome, Behcets disease, Kawasaki disease, Parkinson's disease and people that have an intolerance to Limonene.

Colgate Magik Toothpaste

Colgate Kids Magic Toothpaste is a colour changing toothpaste that encourages the development of good oral habits.

My tester was an 8 year old boy with MLD (mild learning difficulties) who needs a lot of motivation and encouragement to brush his teeth due to the length and repetitive nature of the task.

He loved the appearance of the toothpaste, (it is a clear gel with blue particles in it), describing it as having 'magic sparkles' that looked like 'glitter'.

He was very motivated to brush his teeth for longer than he normally would as he could watch the colour of the toothpaste gradually turn from clear, to white then from light blue to a deep blue.



Hello Unicorn Sparkle Toothpaste

The perfect product for unicorn lovers! *'Say hello to brush time magic. Unicorn sparkle toothpaste tastes like rainbows and sunshine (aka bubble gum), and works brilliantly. it's thoughtfully formulated to remineralise enamel, help prevent cavities and brush away plaque.*



I found the perfect tester for this fabulous product, as Freya, a 7 year old girl shuffled towards me wearing her unicorn socks and t-shirt.

Freya looked in awe as I removed the eye-catching rainbow coloured toothpaste tube and squeezed a little of this sparkly paste onto her toothbrush.

'Is this what unicorns use brush their teeth?' she asked me wide-eyed.

Freya has a diagnosis of ADHD and sensory processing disorder (she has an underactive sensory system and seeks sensory

feedback). Freya can also be strong minded and does not enjoy brushing her teeth as she finds it hard to concentrate on routine tasks. Freya needs to be supervised brushing her teeth as she will rush through, just brushing her front teeth to get finished.

Focusing on the sparkles in the toothpaste, Freya was motivated to coat each tooth with the magic toothpaste.

'Not more unicorn stuff' groaned her older brother as he walked past.

'It tastes like bubble gum' Freya told him through a mouthful of foam.

Unicorn Sparkle toothpaste is a huge hit in the household, her brother now uses it (but don't tell anyone!) and even the adults have had a go!

Colgate Natural Fruit Flavoured Toothpaste

Colgate Natural Fruit Flavoured Toothpaste

Colgate Natural Fruit Flavoured Kids Toothpastes are available for ages 0-2 years and 3-5 years, it is also suitable for adults to use as a daily toothpaste. This toothpaste was a hit with my young testers who found the strawberry flavour novel and fun to use. The toothpaste was also tested by Ruth, a 24-year-old lady with a learning disability. Historically Ruth has faced challenges with her oral hygiene. She has sensory issues that limit her diet but does enjoy strawberry milkshakes, smoothies and yogurts. Her care worker gradually de-sensitised Ruth to using the toothpaste by offering her a little amount of the paste to explore in her



fingers. She then built up to applying a little dot of the paste onto the lips from where Ruth licked it and explored the paste on her tongue. Ruth's carer contacted me after a week to inform me that Beth is happy for her carer to clean her teeth using the toothpaste which is applied with a soft cloth. This is a huge achievement for Ruth!

Individuals with under-sensitive sensory systems may seek strong flavours.

Experiment with the many flavoured toothpastes on the market: strawberry, fennel, aloe vera, tea tree, coconut and juicy fruit are just a few.

For individuals who respond well to motivating items, explore colour-changing toothpastes, jelly toothpastes and toothpastes that sparkle.

Take the individual shopping and let them choose their own flavour.

The Toothbrush

There are many different types of toothbrush on the market, manual, electric, chewable, oscillating and sonic.

Explore different bristle firmness, use a soft-bristled brush for sensitive teeth and gums.

Experiment with the shape of the brush - a diamond head is narrower at the top and can help reach into tight spaces around the back teeth.

Brightly coloured toothbrushes, toothbrushes with favourite characters on, light-up and musical toothbrushes can be motivating.

Let the individual choose their own toothbrush.

oraNurse® Oral Care Silicone Fingertip Toothbrush

The oral care silicone fingertip toothbrush is safe, non-toxic, odourless and tasteless.

My testers were two sisters, aged 9 and 11, one of which is on the Autism Spectrum.

The girls described the brushes as 'fun' to use, 'soft' and 'squidgy'.

The girls Mum said they found they had more control of the brush as it was on their finger and that it 'tickled' and that the girls spent longer than they normally would brushing their teeth due to the novelty of the brush.

The girls loved that they could be popped into the dishwasher to be cleaned.

The eldest sister now takes her fingertip toothbrush to school so she can brush her teeth after lunch!

Made from class A active silicone conforming to the FDA standards.



Rolly Brush

Rolly Brush is marketed as the smallest toothbrush in the world. It is disposable and requires no toothpaste or water. The mint-flavoured rubber disc is popped onto the tongue and rolled around the teeth using the tongue. The mechanical action of the 276 spiky bristles removes food from the teeth cleaning the mouth. The main ingredients of the Rolly brush are mint flavour to freshen breath xylitol to prevent dental plaque and cavities and fluoride to strengthen teeth.



The Rolly Brush was tested by a young lady with a Pervasive Developmental Disorder who needs a lot of motivation to brush her teeth. My tester tried the mint flavour (also available in peach.) It was a fun and positive experience as she enjoyed the novelty of the Rolly Brush in that it was so different to the conventional method of using a toothbrush and toothpaste.

My tester liked that she didn't not have to stand in the bathroom as a Rolly brush can be used anywhere. She enjoyed the sensory feedback from the chewing, described her mouth as feeling 'smooth' and that she was 'happy' she had found a 'fun way' to brush her teeth!

⚠️ Rolly Brush Health and Safety.

Not recommended for children under three or any individual who may swallow the Rolly Brush.

Do not swallow.

Disposable product. Dispose of in a proper waste receptacle.

Colgate MAGIK Brushing Kit

The Colgate MAGIK brushing kit works with an augmented reality Colgate MAGIK smartphone app (available for Android and iOS) that encourages correct brushing techniques by using fun games. **Brush:** Open the Colgate Magik app and get brushing **Teach:** Games guide where and how to brush **Track:** Keep an eye on your child's progress **Reward:** Unlock new game experiences via good brushing **Repeat:** Build good life-long oral hygiene habits

The App opens a game, the goal of the game is to earn diamonds by brushing away Cavity Monsters that appear on the screen. The diamonds are used to unlock fun new worlds and AR face masks. My tester was Jacob, a 10 year-old boy with Down Syndrome. Jacob, a reluctant brusher was very keen to open the inviting packaging. The toothbrush was easy to set up. Jacob placed the colorful MAGIK connector onto the end of the toothbrush, he liked the suction cups at the base of the brush as they stuck it to the sink. He needed a little help initially to download the Colgate MAGIK app and to follow the instructions to create his profile avatar then he was ready to go! This toothbrush is hugely motivating for Jacob and has given him



independence in brushing his teeth, he can't wait to open the app and start brushing. His parents track his progress via the app

Suitable for ages 6+The Colgate MAGIK brushing kit is currently available to buy on Amazon.

For older children and adults, Colgate sell a Colgate Connect E1 Smart toothbrush, this also tracks brushing techniques and has some fun games included in the app. <https://shopcolgate.co.uk/pages/e1>

Desensitisation Programme

Exposing the individual to dental items through role play presents a fun way to engage and can help to desensitise.

Include items such as a mask, a range of toothbrushes and toothpastes, a small mirror, joke teeth to brush.

Rewards and Motivators Use reward charts, stickers or timed iPad access. Use motivating toothbrushing songs and apps

A desensitisation program is a step-by-step guide to completing a task. By taking small steps (called forward chaining,) you can help to desensitise an individual to brushing their teeth.

Desensitisation programmes are personal to the individual and tailored to meet their needs.

Here is an example:

1. Start by allowing the individual to explore the toothpaste with no pressure or expectation.
2. Progress to briefly and gently touching the lips with a small amount of toothpaste, offer praise followed by a motivating activity
3. Encourage the individual to gently rub the toothpaste onto one tooth encouraging using an index finger or a small cloth. Follow with praise and a motivating activity.
4. Continue to work forward in small steps gradually increasing the number of teeth having toothpaste rubbed onto them.
5. Introduce the toothbrush, following the same steps as you did with the toothpaste.
6. Offer consistent praise and reward with the motivating activity.

Remember!

Take steps back in the process (chain) if you need to and build back up again.

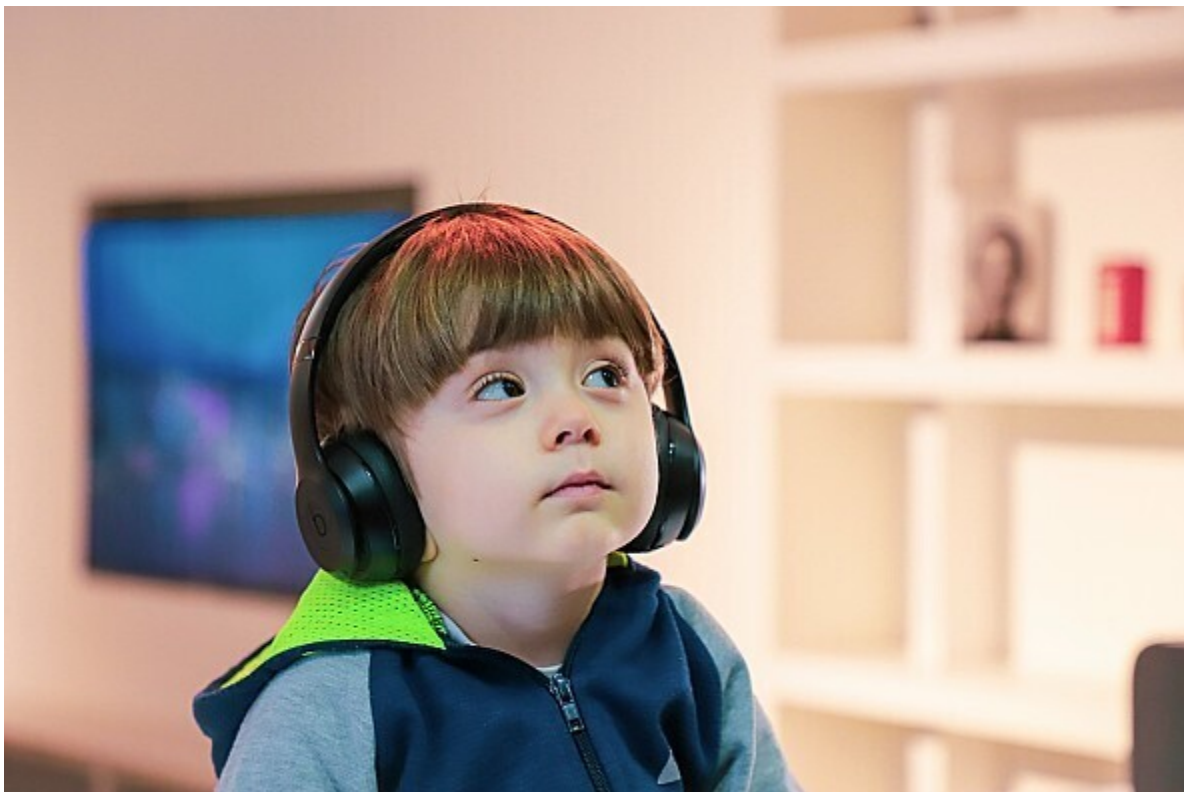
If a toothbrush is not tolerated, encourage the individual to wipe their teeth clean using a damp soft cloth.

Try adjusting the water temperature. Brushing the teeth in lukewarm water may be more comfortable than cold water

Dentist Themed Listening Game

A quick search on the internet will provide you with access to a library of free audio clips and sound effects. These can be played via your phone, iPad, Kindle or recorded to be played back on a Dictaphone or Talking Tile, Multi Memo Recorder or other device.

- 🔊 Play dentist themed sound effects for the student to experience e.g. air blowing, a telephone ringing, the radio playing in the background, water being sprayed from a bottle.
- 🔊 Can the student communicate a request for 'more' to listen to a motivating sound again?
- 🔊 Can the student activate the listening device independently?
- 🔊 Can the student imitate the noise? Record their vocalisation and play it back.
- 🔊 Can the student correctly identify the sound?
- 🔊 Experiment with different levels of sound.



Dental Surgery Role Play

Role play is a crucial part of development providing opportunities to practice imaginative play, communication and language skills building narrative thought acting out scenarios.

> Set up a dental surgery by placing chairs to make a waiting area with magazines and a separate table and chair for the receptionist. Provide a diary for writing appointments and a telephone.

> Assign roles. The Receptionist, The Dentist, Dental Nurse and The Patients.

Encourage students to swap roles. This sharing of roles and turn taking will develop awareness of others' thoughts, feelings and opinions. Provide craft materials for students to make badges to identify their job role.

> Provide a blue, white or green shirt, goggles and face masks for The Dentist and Dental Nurse to wear and props such as toothbrushes, toothpaste, mirrors, a small torch, fake 'toy' teeth, a bib, goggles etc

Setting up a dental surgery role play area provides an excellent opportunity to work with money, whether it is calculating change or devising a price list for services. Set up an area to sell products (toothbrushes, toothpaste and dental floss)

> Booking appointments presents opportunities to practice time.



Healthy Eating Game

Photocopy and cut out the pictures. Can students sort the pictures into two piles healthy choices and foods to eat as a treat? Explain that sugary foods and drinks cause tooth decay.



Sweets



Banana



Milk



Cakes



Fruit & Vegetables



Fizzy Drinks



Salad



Biscuits



Chocolate

Plaque Attack Activity!

You will need:

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Disclosing Tablets
- ✓ Mirror

Aim of the Activity

The aim of this activity is to show individuals how effective they are at brushing their teeth and to see the areas where plaque accumulates that they have missed and need to concentrate on brushing.

- ✓ Ask the individual to brush their teeth as they normally would.
- ✓ Follow the instructions on the plaque disclosing tablet ⚠ (this is generally to chew a tablet, letting it mix with saliva for 30 seconds then spitting it out but instructions may differ depending on the brand of tablet used.)
- ✓ Tell the individual to look in the mirror and see the areas of colour where the plaque remains.
- ✓ Ask them to repeat brushing their teeth concentrating on these areas.
- ✓ Now when they look at their teeth in the mirror they should see that most of the colour has been brushed away.
- ✓ Explain that when brushing the teeth it is important to concentrate on the harder to reach areas such as the back as well as easier areas such as the front teeth.
- ⚠ Be allergy aware



What is a Multisensory Story?

A multisensory story is told using words and sensory stimuli (story props).

Who Are Multisensory Stories For?

Each story includes themed, sensory extension activities that link to the EYFS Framework and areas of the KS1 National Curriculum making them the perfect resource for individuals with Special Educational Needs and Disabilities (aged 3-19), EYFS, Mainstream Primary, Speech & Language and EAL students.

Are The Stories Only For Use In Educational Settings?

Absolutely not! The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

*Why **Rhyming** Multisensory Stories?*

The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.

What are the Benefits of Multisensory Storytelling?

Stories create a bond between the storyteller and the story explorer enhancing and enriching experiences.

The stories connect the individual to literature, culture and topic in a fun, engaging and motivating way.

They form an excellent base on which to scaffold learning, providing opportunities for the individuals to work towards personal learning goals and targets .

The activities in the stories are designed to promote:

Communication Skills (eye contact, listening, shared attention and language development.)

Self-confidence and well-being (trying out new ideas and skills, practicing self-care, independence and enjoying achievement.)

Self-awareness (asking for 'help', 'again' and 'more!')

Opportunities to explore cause and effect and to build anticipation skills.

Physical Development (fine & gross motor skills.)

Understanding of the environment and the world around us.

Engagement in scientific experimentation and mathematical concepts.

Development of social and emotional skills: (turn-taking, sharing and teamwork).

Can Multisensory Stories Inform in Care Plans?

The sensory stimuli (story props) are a tool for the individual to explore and express their likes, dislikes and sensory preferences providing opportunities to make choices.

Observing reactions to a range of sensory stimuli enables you to build a picture of sensory preferences that can be used to identify motivators, items to items calm an individual when anxious, tired or stressed and to identify triggers. You may seek to avoid some triggers and to work on building tolerance on others that may be necessary (e.g. teeth brushing) through sensory exploration in a safe and therapeutic environment.

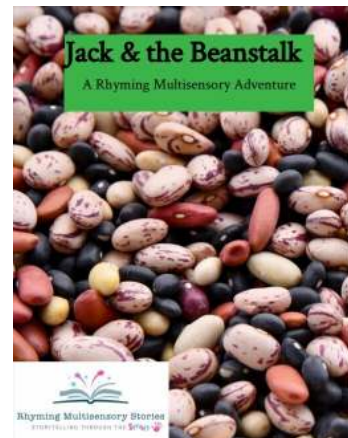
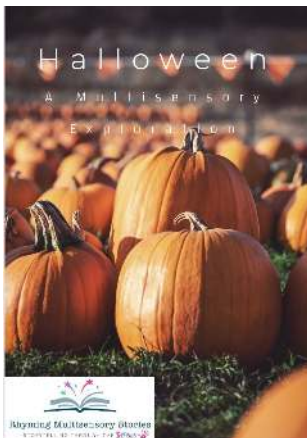
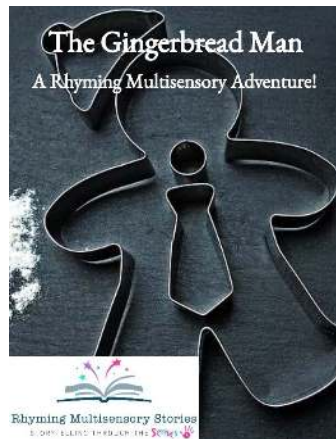
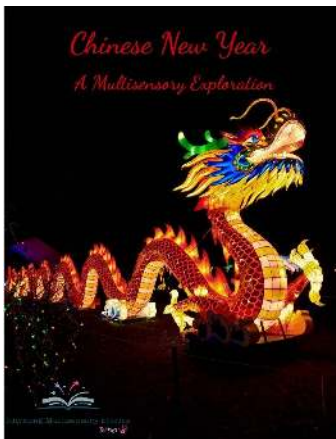
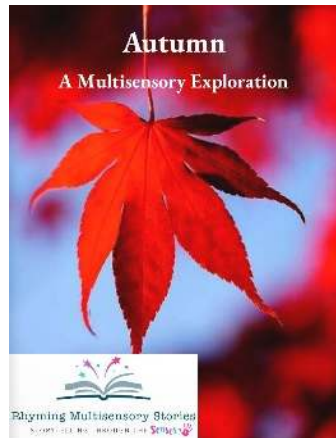
When used in a safe setting rhyming multisensory stories can be used to prepare the story explorer for visits out of their daily routine such as getting a haircut or the dentist.

This sensory record can help parents, carers and teaching staff make informed choices to enhance daily life in areas such as diet, sensory needs, daily activities and leisure activities and is an invaluable tool to inform on the behaviour strategies and the writing of care plans.

Can Multisensory Stories Build Communication Skills?

Sensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of individuals with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.

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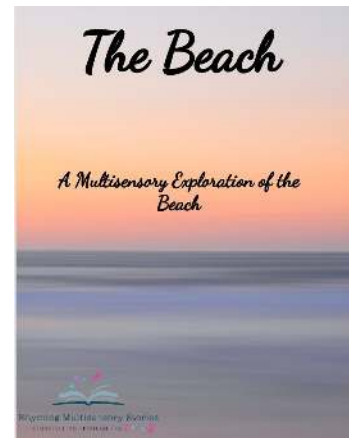
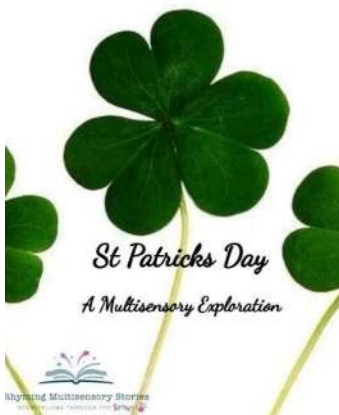
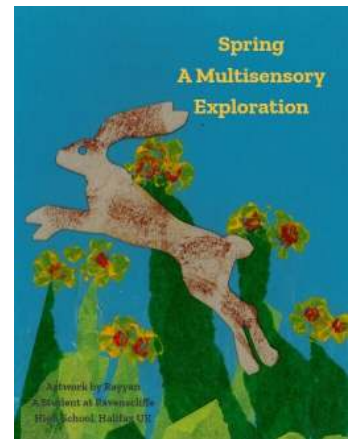
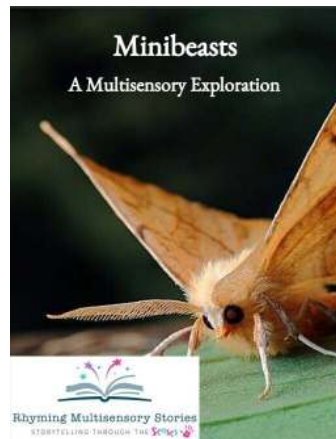
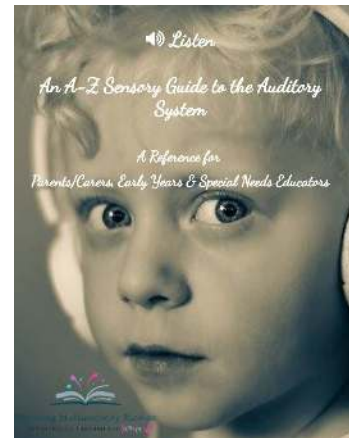
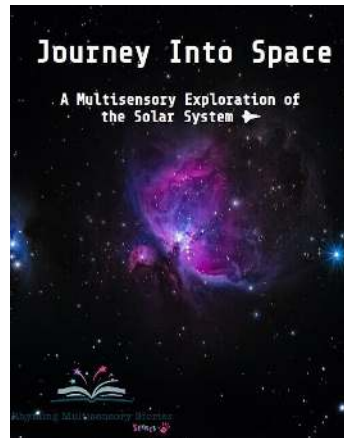


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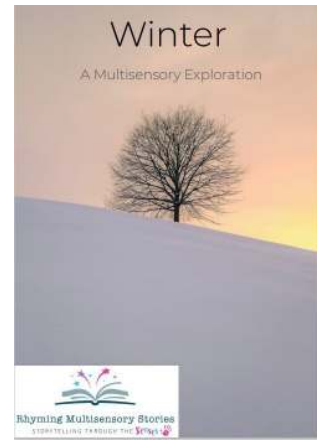
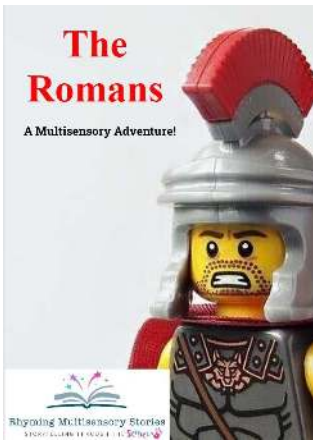
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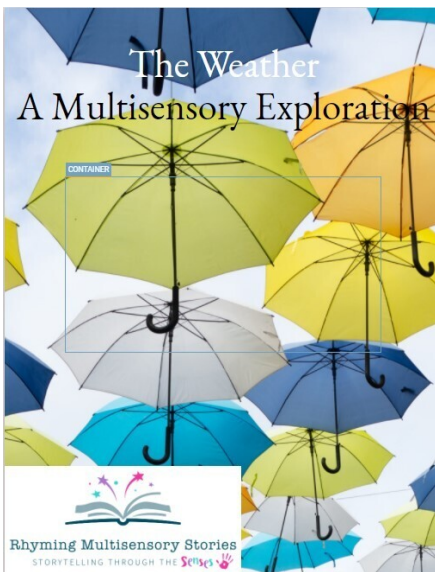


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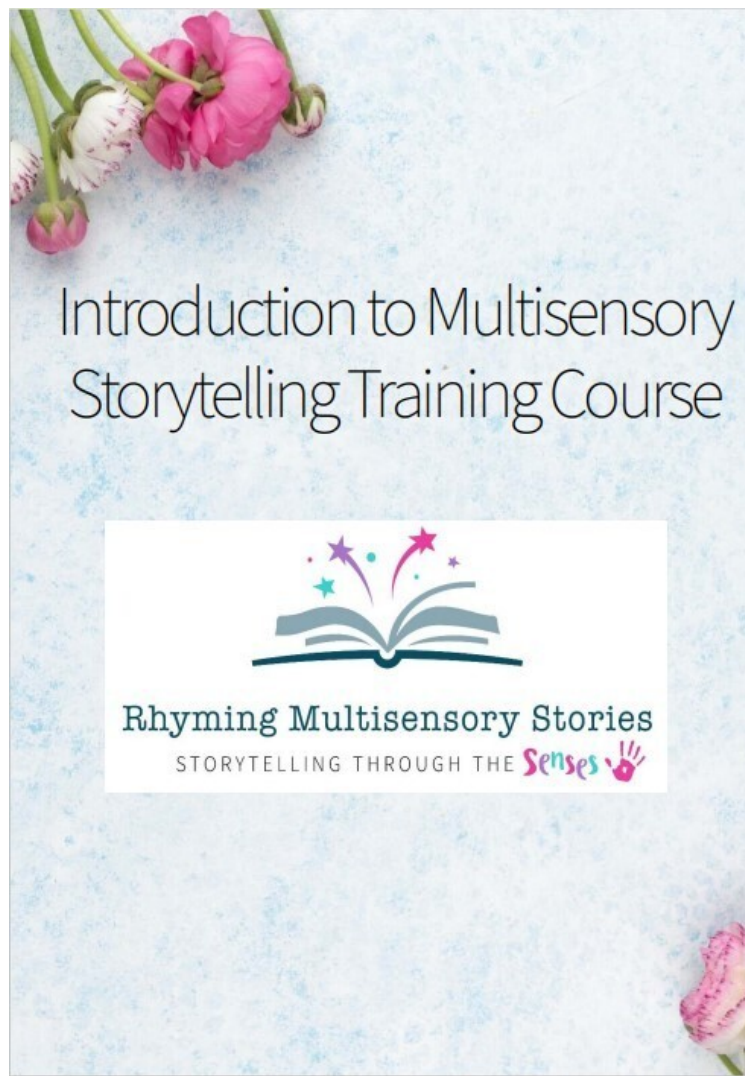
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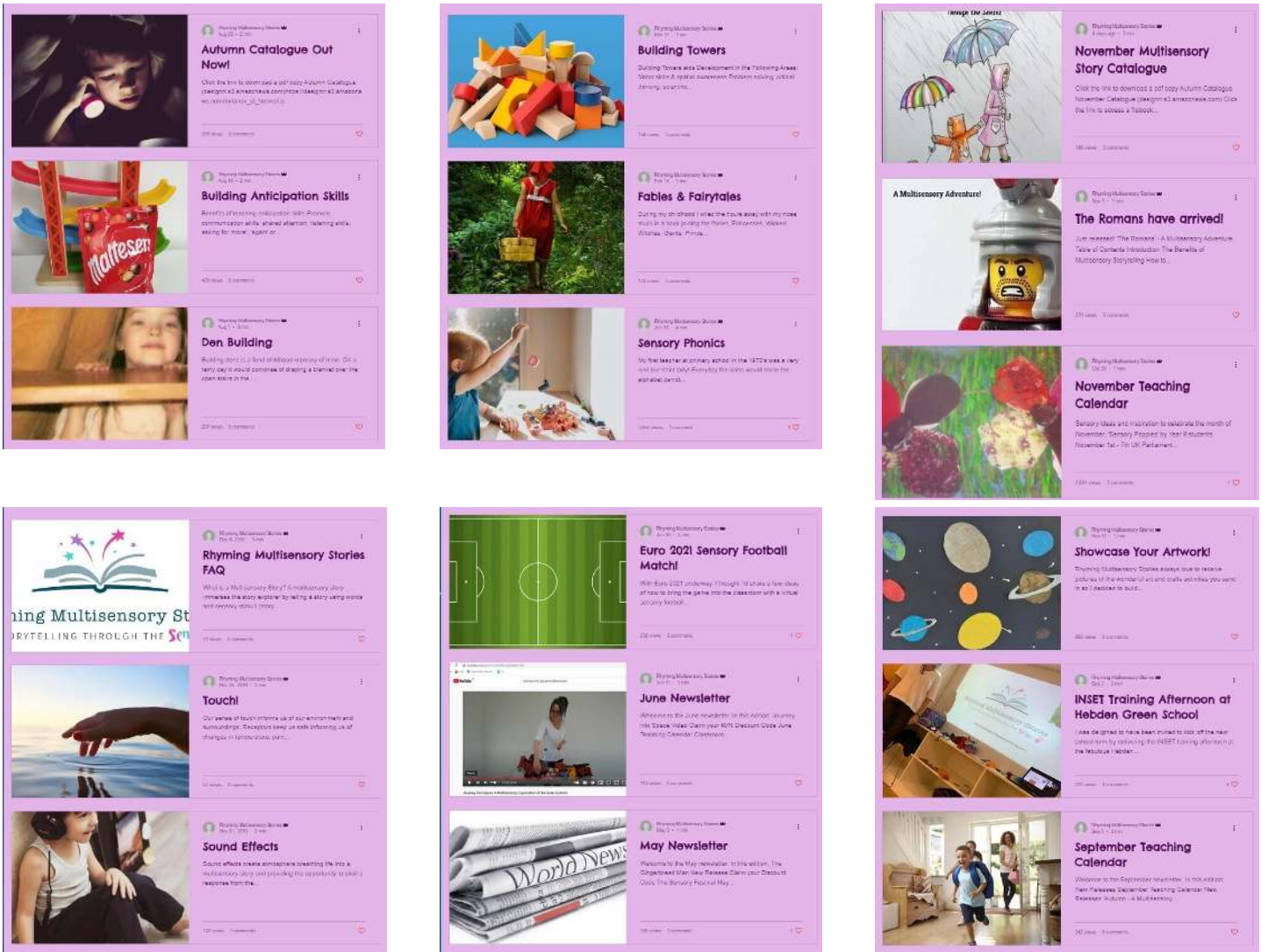
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Free Training Videos

Head over to the [YouTube Channel](#)

Originally shown at The Sensory Festival, these training videos guide you through the story props needed and how to deliver 'Jack and the Beanstalk - A Multisensory Adventure' and 'Journey into Space - A Multisensory Exploration of the Solar System' with lots of ideas on how to extend learning and promote communication skills.



'Jack and the Beanstalk'



'Journey into Space'

Useful Contacts & Links

Thanks to:

RIS Healthcare www.ris.healthcare

oraNurse® www.oranurse.co.uk

Rollybrush Uk www.rollybrush.co.uk

Colgate-Palmolive (U.K) Limited www.colgate.palmolive.co.uk

Colgate 'Bright Smiles, Bright Futures' school dental hygiene programme <https://colgate.com/en-gb/bright-smiles-bright-futures/program-materials/for-teachers>.

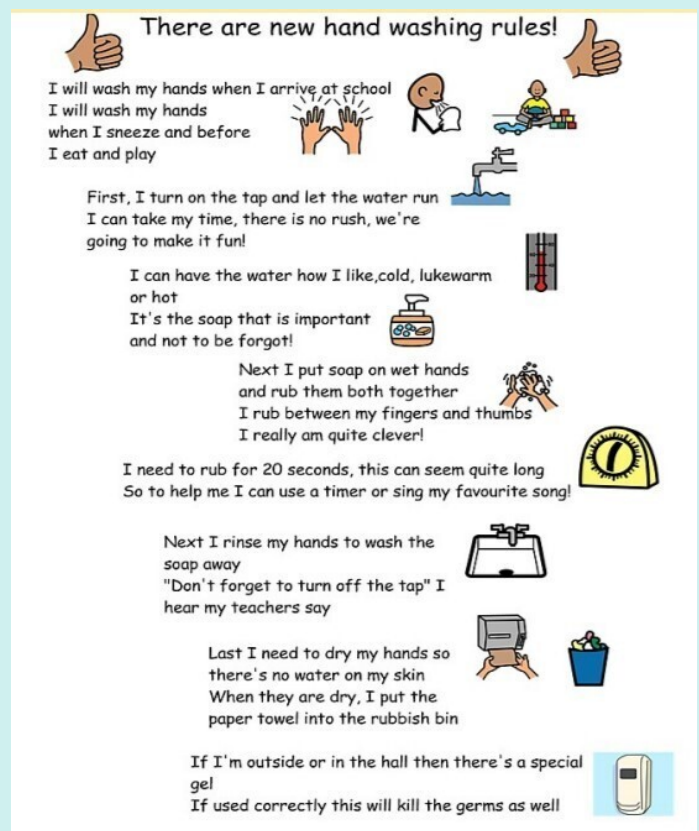


'Washing Hands' A Multisensory Poem to Help Individuals with Hand Hygiene During the Covid-19 Pandemic

This multisensory poem is themed around returning to an educational setting during Covid-19 and aims to help individuals overcome barriers and understand the importance of hand washing.

Repeating the story in a safe and comfortable setting, the motivating format of the poem can help even the most reluctant individual to engage in hygienic hand washing practices.

Includes a 'Washing Hands' visual schedule, hand washing strategies and fun hand washing themed extension activities including Soapy-Doh & Treasure Soap recipes.



[Download your free copy here](#)

The Dentist

Helping Individuals Overcome Barriers to their Oral Hygiene.

This fully resourced, step by step multisensory story will build the story explorer's confidence to explore new and unfamiliar sensory experiences.

Repeating the story in a safe and comfortable setting can help an individual to become gradually desensitised to the props, preparing them for visits out of their daily routine, in this case, an appointment with a dentist.

Multisensory stories tell a story through the senses in a fun and engaging way using props. The stories are adapted to suit a range of abilities from curious preschoolers to teenagers with complex needs.

Rhyming Multisensory Stories

Connecting individuals to literature, culture and topics in a way that is meaningful to their lives!

For more stories, poems, sensory ideas and inspiration visit the website:

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