



# My Mouthcare Plan



\_\_\_\_\_  
Name

\_\_\_\_\_  
Completed with

\_\_\_\_\_  
Date

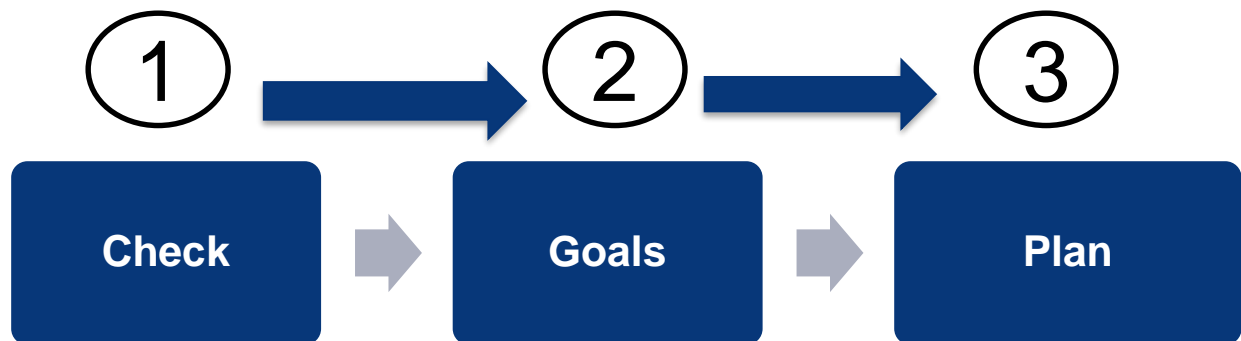
\_\_\_\_\_  
Review date



Find us at [www.brushmyteeth.ie](http://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.

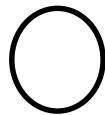
1



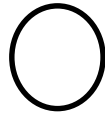
2



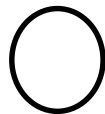
**My problems I want to fix are**



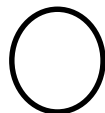
1. Gum problem



2. Bad breath



3. Rotten teeth



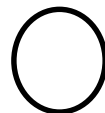
4. Pain



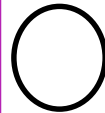
5. Other Problems



**My goals for my mouth are**



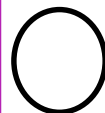
1. Healthy gums



2. Fresh breath



3. Healthy teeth



4. No pain

5. Stay healthy



3

## Plan



**What needs to be done ?**

**Where?**

**When?**

**With whom?**

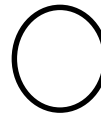


How will  
you know  
you met  
your goal?

**Watch video**



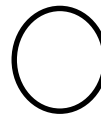
See page 6



**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](http://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