



DENTAL HYGIENE TO YOU

# THE CHECKLIST: WHY CLINICAL VISITS ARE HARD

## A REFERENCE GUIDE

### Is your child struggling with dental visits?

Check the sensory list below. If these feel familiar, a home-based visit might be the game-changer you've been looking for

## THE SENSORY HURDLE CHECKLIST

- The "Waiting Room" Anxiety:** Unpredictable noises, strange smells, and the pressure of a new environment.
- Interoception:** The internal sense of hunger, thirst, or "need to go," which often spikes when a child is anxious in a new place.
- Lighting & Sound:** Fluorescent lights and high-frequency dental drills can be physically painful for those with auditory or visual hypersensitivity.
- Tactile Defensiveness:** The "invasive" feeling of fingers or tools in the mouth, coupled with the reclined, vulnerable position of a dental chair.
- Proprioceptive Input:** Difficulty with "body boundaries" - feeling where their body ends and the chair begins. Some children need deep pressure or "heavy work" to feel grounded and secure during an exam.
- Taste & Texture:** Traditional prophylaxis pastes and fluoride treatments can have overwhelming flavors or "gritty" textures.





## SENSORY PROFILING GUIDE

### The Dental Sensory Profiling Guide

Empowering Neurodivergent Families for Stress-Free Oral Care

## WHY THE HOME ENVIRONMENT WINS

Traditional clinics are built for efficiency, not sensory regulation. At home, we control the variables:

- Predictability:** No "surprise" smells or sounds from other treatment rooms.
- Autonomy:** Your child chooses where they sit and what they hold.
- Regulation:** If an overwhelm occurs, the child is already in their safe sanctuary.

## THE 4 PILLARS OF A POSITIVE VISIT

- Preparation (Visual Priming):** Use social stories or videos of the hygienist arriving.
- Sensory Accommodations:** Use sunglasses for light sensitivity or lip balm for tactile "prep"... or choose none of these! Your child has a choice at home.
- Communication:** We use "Tell-Show-Play-Do"- explaining every tool and allowing fun play before anything enters your child's "safe zone."
- Pacing:** We prioritise the relationship and experience. If we only count teeth on day one, that's a win! We are even happy with a smile .

## PRE-VISIT CHECKLIST FOR PARENTS

- Complete the Sensory Profile Form.
- Have a "heavy work" activity (jumping, pushing, bear hugs) 10 mins before the visit to ground the nervous system.
- Prepare the favorite "distractor" (tablet, music, or book).
- Ensure a familiar person is present to provide emotional support.

**Dental Hygiene To You: Dignity, Comfort, and Care.**



WHO WE ARE



## DENTAL HYGIENE TO YOU

SMILES WITHOUT LIMITS

### PROVIDING YOU A CALMER SOLUTION

**The Safe Space:** Care happens in their home environment where they feel in control.

**Sensory Control:** We can dim the lights, turn off the music, and avoid using high-pitched equipment if needed.

**Low-Pressure Pace:** No "ticking clock" in a waiting room. We take the time needed to build trust.

**Familiar Comforts:** Your child can hold their favorite weighted blanket or fidget toy, and sit in their favorite beanbag or chair.

**Desensitisation:** We focus on positive associations, slowly introducing tools at a pace the child can tolerate.

### OUR SERVICES INCLUDE:

#### Our Services Include:

- Comprehensive oral examinations and biofilm removal.
- Airway & Myofunctional assessments
- Personalised oral care plans for your child's sensory profile
- **Integrated Referrals:** If care is required outside our scope, we will connect you directly with dental teams or allied health professionals to ensure a seamless approach.

#### Ready to prioritise their health?

Booking a home visit is simple. We work around the patient's schedule to ensure comfort and dignity every step of the way.

#### Serving our local community

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