People with special health care needs are twice as likely to have dental problems because of medicines, special diets, or lack of muscle control.

Healthy mouth = Healthy body

**How To Keep a Healthy Mouth:**
- Brush with fluoride toothpaste twice a day
- Floss once a day
- Drink fluoridated water
- Avoid sweet rewards and snacks
- Visit the dentist

**Plan Visits to the Dentist:**
- Read a story about or pretend to go to the dentist
- Start with a ‘get to know me’ dental visit
- Bring medications and health history information
- Bring a blanket, toy, or other favorite item

**Helpful Tips:**
- Have someone give head support and help brush
- Try power toothbrushes
- Make toothbrush handles easier to hold with a ball, bike handle grip, or elastic strap
- Try mouth props like a twisted clean cloth
- Ask a dental professional for other helpful tips

**Finding a Dentist:**
- Dentists who will treat people with special needs: [www.VDHLiveWell.com/oralhealth](http://www.VDHLiveWell.com/oralhealth)
- Dentists who accept Medicaid Smiles for Children: [www.dentaquest.com](http://www.dentaquest.com)