

VI TIMES

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MN Regions 5 & 7 Vision – O&M Staff

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Past Newsletter Topics

Contact your Teacher for the Blind / Visually Impaired or Certified Orientation & Mobility Specialist if you have further questions on the newsletter topic.

Applying Toothpaste

Managing toothpaste, toothbrush, and rinsing is a major task for all young children.

1. Place a clean, open washcloth on the counter to serve as a work area.
2. The washcloth should be touching the side of the sink for orientation.
 - a. Use contrasting colors for washcloth, toothpaste, toothbrush for low vision.
3. Place the toothpaste tube and toothbrush on the washcloth.
4. Locate the toothbrush (electric brushes are great; contrasting colors for low vision).
5. Moisten the toothbrush with water from the faucet.
6. Place the toothbrush on the washcloth with the bristles up.
7. Find and identify the toothpaste tube and cover.
8. Remove the cover from the tube.
9. Place the cap on the washcloth using the flat top/bottom to secure it from rolling.
10. Squeeze about 1/2 inch of toothpaste from the tube onto the index/pointer finger.
11. Start at the end and move to the first joint of the finger.
12. Set the tube of toothpaste on the washcloth.
13. With the toothbrush on the washcloth, hold the handle down on the washcloth.
14. Place the toothpaste from your finger on the toothbrush without crushing the bristles.
15. Brush teeth.

Brushing Teeth

After placing the toothpaste on the toothbrush the child is ready to brush his/her teeth.

1. Fill a small cup with water and set it at the back of the washcloth on the counter.
2. Pick up the toothbrush with toothpaste on it.
3. Open mouth and put toothbrush bristles against top front teeth.
4. Brush up and down while counting to 10.
5. Continue by doing bottom teeth, side left, side right, tops of teeth, and inside of teeth with counts to 10.
6. Teach your child to move the toothbrush up and down and move slightly left or right after the count of 10 to get all the teeth brushed.
7. Set the toothbrush on washcloth.
8. Pick up the cup of water.
9. Take the water into mouth but don't swallow—swish and spit in the sink.
10. Repeat water rinse if necessary.
11. Throw paper cup away.
12. Rinse toothbrush and put away.
13. Put cover on toothpaste and put away.
14. Put washcloth in laundry basket.

Flossing Teeth

Your child may find dental sticks easier to use than dental floss from a roll in a box.

1. Hold the small box of waxed dental floss with finger tips.
2. Raise the lid of the dental floss
3. Use fingernail to locate sharp edge used to cut a length of floss.
4. Pull floss toward elbow of hand holding the container (about 12 inches of floss).
5. Pull floss across the sharp cutting edge on the container.
6. Hold onto the floss with one hand.
7. Place the floss container on the counter or on a washcloth work area.
8. Twist floss around tip of each middle finger with 6 inches of floss between fingers.
 - a. This will take practice.
9. Put one middle finger in mouth.
10. Put floss between 2 teeth.
11. Gently pull floss back and forth and up and down between teeth.
12. Lift floss from between teeth and gently slide to next crevice between teeth.
13. When finished, throw away the floss in garbage can.

Applying Deodorant

Always use a small tray or washcloth to help your child keep track of materials used.

1. Hold the deodorant container in one hand and find the cap with the other hand.
2. Remove the cap from the deodorant and place the cap on a tray or washcloth.
3. Holding onto the container, locate the top of the container where the deodorant will come out with the other hand.
4. Holding onto the container, locate the wheel to turn to raise the deodorant to the dispenser.
5. Raise level of deodorant by turning wheel once or twice—check with index finger to measure amount available.
6. Reach across body with deodorant and move the dispenser through the armpit.
7. Switch deodorant container to opposite hand and raise level of deodorant in dispenser.
8. Check available deodorant and reach across body to other armpit for application.
9. Locate cap for deodorant on tray or washcloth.
10. Put the deodorant container away.

Remember: It is never too early to teach independence!

Teaching independence will give your child a sense of accomplishment and a feeling of being able to do what everyone else in the house can do on their own. There are tasks that may need more supervision, but there are many tasks at many ages that can be expected to be done independently.

When you are wondering if you should do it for your child, think about:

- Do other children at this age do it for themselves—and how independently do they do the task?
- Will my child want me to do this for him/her when they are older? Will it embarrass them to have their parent taking care of tasks friends do for themselves?
- Are you doing too much?