



Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

How to Reduce Stress During Oral Care



BEFORE YOU START

- ✓ Give a gentle heads-up
- ✓ Keep routines consistent
- ✓ Offer simple, manageable choices



DURING CARE

- ✓ Stay calm—your tone and body language matters.
- ✓ Break into small steps; take breaks
- ✓ Reduce noise and distractions



EMOTIONAL SUPPORT

- ✓ Acknowledge: “I know this isn’t easy”
- ✓ Encourage them to speak up or ask you to stop
- ✓ Praise effort—every step forward counts



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