

Struggles with teeth brushing are normal.

we are here to help!



This practice takes a no judgment, no lecture approach to dental hygiene struggles.

Even the most seemingly successful people can struggle to regularly brush their teeth. Whether you are struggling with your mental health, are neurodivergent, or simply have a hard time getting into the habit, there are lots of ways to help create more accessible dental hygiene routines. The key to cracking this hygiene care task is to ask yourself, "What exactly is the barrier for me?" Your answer will tell you what kind of adaptive product or routine is best for you.

ATTENTION ISSUE

"Brushing my teeth is boring"

Quip is a sleek electric toothbrush that buzzes when it's time to switch quadrants in your mouth. It connects to an app to give you all sorts of cool feedback about your oral health. Colgate hum gives you the same guided experience with the plus of letting you adjust your vibration strength.

EXECUTIVE DYSFUNCTION

"I just forget." or "There are too many steps."

Perhaps you've heard my hack of keeping a toothbrush and toothpaste in every bathroom of my house and in my car. Combine that with these pre-pasted options and you've got yourself a one step, low barrier routine that allows you to brush your teeth quickly wherever you are.

Wisps are little plastic disposable toothbrushes with tiny drops of toothpaste on them. Perfect for your car or bag to freshen up your tooth when you've forgotten to brush. When getting out of bed is difficult, having pre-pasted toothbrushes on your bedside can get the job done.

HAVING A DIFFERENT STRUGGLE? PLEASE LET US KNOW SO WE CAN HELP.

SENSORY ISSUES

"I hate the taste of mint!"

You might be putting off brushing your teeth because you hate the taste or feel of the mint flavoring. It can be surprisingly hard to find a non-mint toothpaste. But many people find that once they switch, they no longer put off brushing their teeth.

"I don't like the bristles of toothbrushes"

If it's the feeling of stiff bristles you can't stand, let us help you find a toothbrush with softer bristles. Perhaps you'd rather your mouth be caressed by the loving touch of 12,000 silky bristles. If that sounds like your kind of party, the SilkoBrush is for you. The website calls says "SilkoBrush™ is perfect for those with sensitive teeth, bleeding gums, or tooth aches." and calls their toothbrushes as "soft as a feather."