

# Help your child stay healthy with a Clean Routine!

It is important for your child to be as clean as possible. A clean routine will help keep your child healthy and prevent infections.

Each child and family has their own routine for personal care at home. Help us get to know what your child likes and how we can help continue their clean routine in the hospital.

## What is a Clean Routine?

### Each day:

- ✓ Care for your child's mouth and teeth.
- ✓ Change diapers often to keep the skin as clean and dry as possible. Use a moisture barrier cream.
- ✓ Help your child get washed or have a shower.
- ✓ Change their pyjamas and underwear every day.
- ✓ Change the sheets on their bed every day.

## How will my child benefit?

### A clean routine helps:

- prevent infections
- reduce mouth pain and bleeding related to cancer treatment
- prevent cavities and gum disease

## Who will check my child's mouth?

You know your child best. Look inside your child's mouth. A healthy mouth and gums are pink and shiny. Tell us if they are dry, swollen, bleeding or tender.

Nurses may also check inside your child's mouth. They can spot problems early so they can be treated.

Have your dentist check your child's mouth every 4 to 6 months. Your child should continue regular dental cleaning. If your child needs dental treatment talk to your healthcare team.

# How to care for your child's mouth

It is important to keep the mouth and teeth as clean as possible. An oral care routine will help keep your child's mouth healthy and prevent infections.

## What should be done daily?

### Each day:

- Brush teeth and tongue for 90 seconds 2 times per day using a toothbrush with soft bristles.
- Use the recommended mouthwash 3 times per day.
- Apply a lanolin-free lip balm to keep lips moist at least 2 times per day.
- Let the medical team know of any changes in the mouth such as sores, white patches, redness or bleeding gums.

## For a baby or toddler:

- Wipe your baby's mouth and gums with a clean, wet washcloth.
- If your baby has teeth, clean inside their mouth with a soft baby toothbrush and water.
- If your baby uses a pacifier, keep it clean. Sanitize or replace it after an infection.
- Starting at 2 years of age, your child can use fluoride toothpaste.

## For a child or teenager:

- Replace the toothbrush often, at least every 2 months or after an infection.
- Do not floss unless your health care team says it is safe for your child.
- Advise them to avoid spicy foods, alcohol, tobacco and vaping.

Talk to your child about the clean routine and how it can protect their health. Ask your medical team about calendars that can help motivate your child to participate in their care.