Caring for my teeth

Choosing a toothbrush.
There are different sorts:

- Manual toothbrush
- Electric toothbrush
- 3 head toothbrush
- Big handle toothbrush

I choose a toothbrush that suits me best.
The manual toothbrush: I brush my teeth on all sides.

The electric toothbrush: I slide the toothbrush over my teeth. The brush makes a noise and vibrates on my teeth. But it doesn’t hurt.

The three head toothbrush: It brushes all sides of my teeth at the same time.
The big-handle toothbrush: The handle is bigger to help me hold the toothbrush.

I need to change my toothbrush every three months.
My dentist may tell me to use one that contains fluoride.

I can choose a toothpaste I like. It comes in different flavours.
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The French Union for Oral and Dental Care (UFSBD) and the SOSS network which promotes access to oral and dental care for people with disabilities.

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