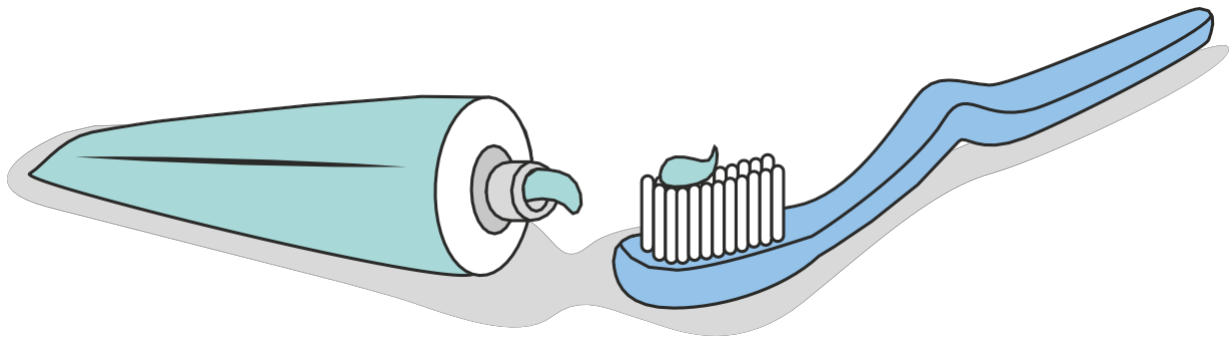


# Caring for my teeth



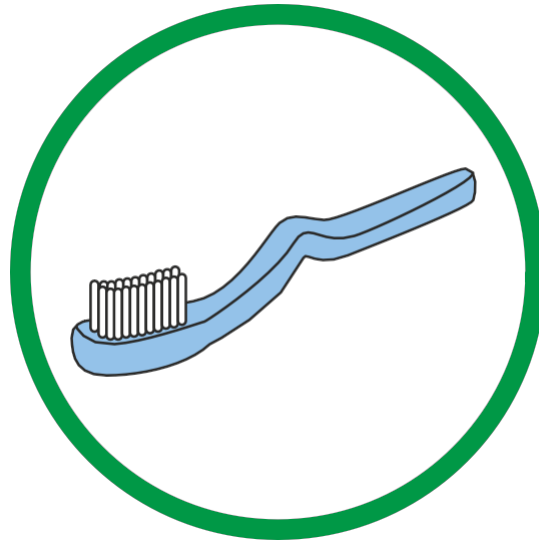
## Choosing a toothbrush.



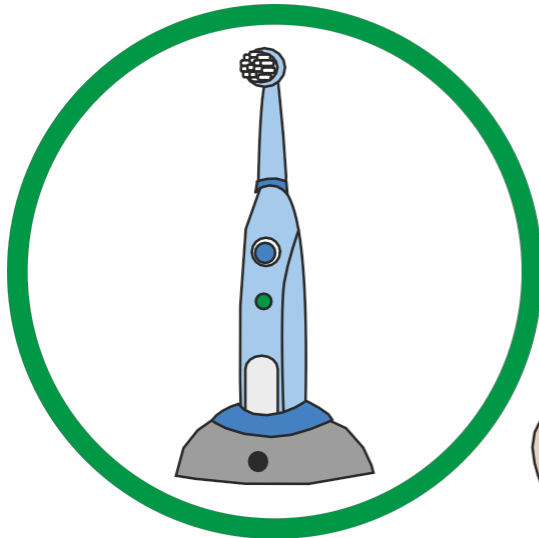
I choose a toothbrush that suits me best.

● There are different sorts:

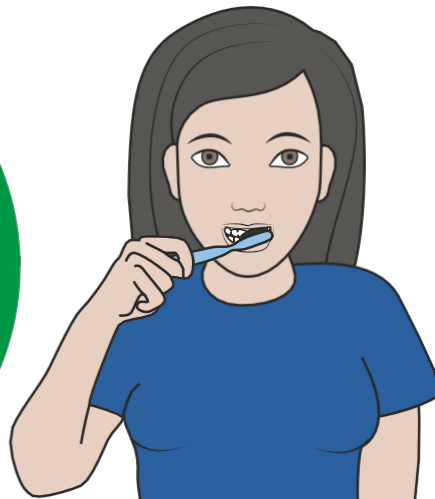
Manual toothbrush



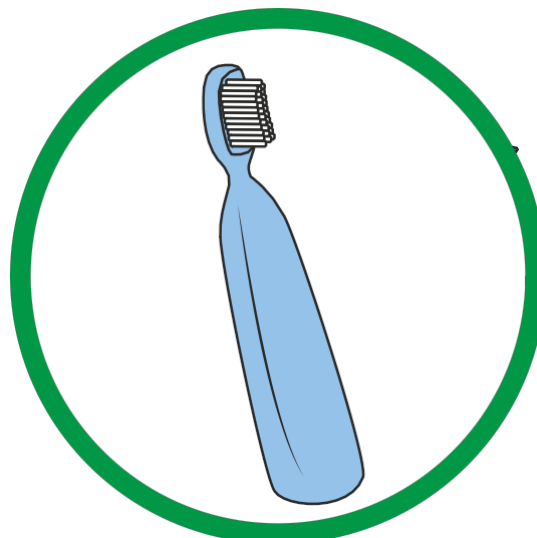
Electric toothbrush



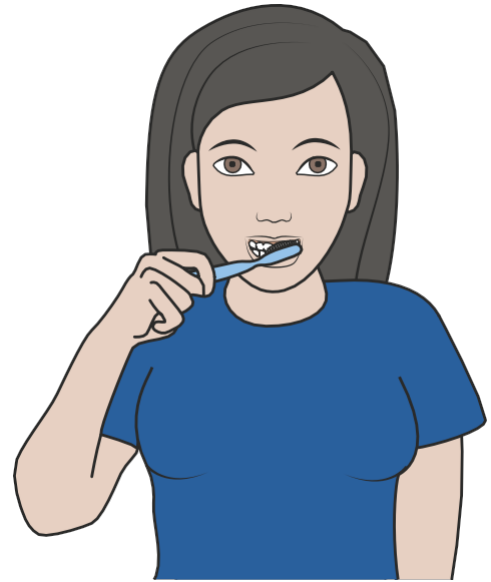
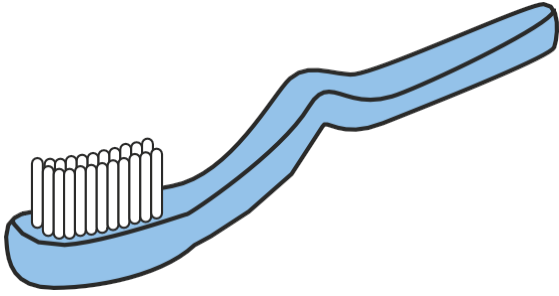
3 head toothbrush



Big handle toothbrush



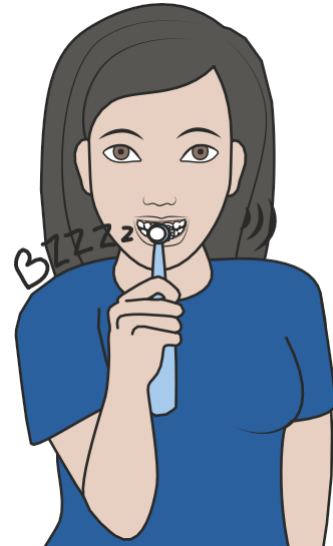
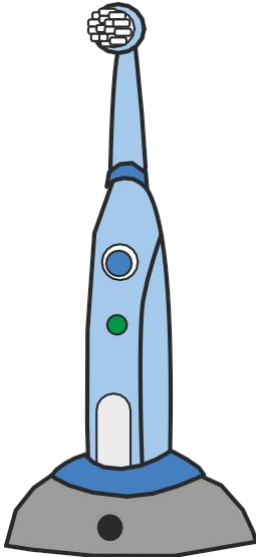
- **The manual toothbrush: I brush my teeth on all sides.**



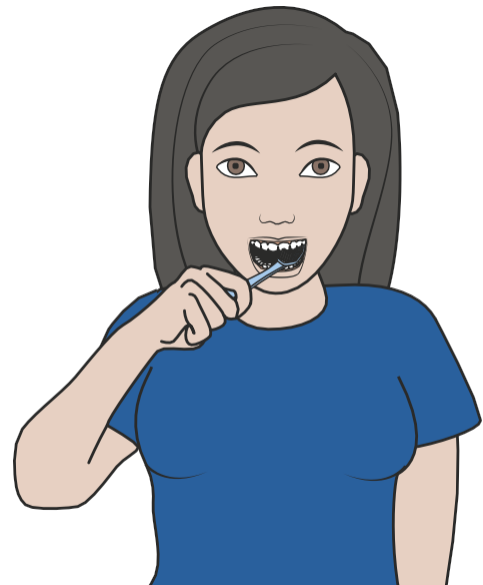
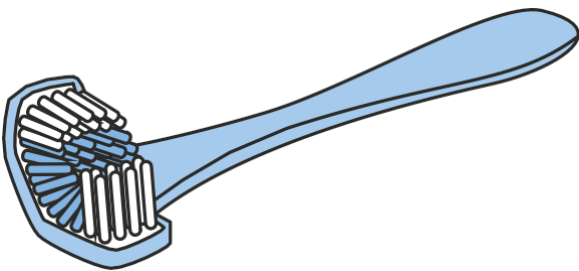
- **The electric toothbrush: I slide the toothbrush over my teeth.**

The brush makes a noise and vibrates on my teeth.

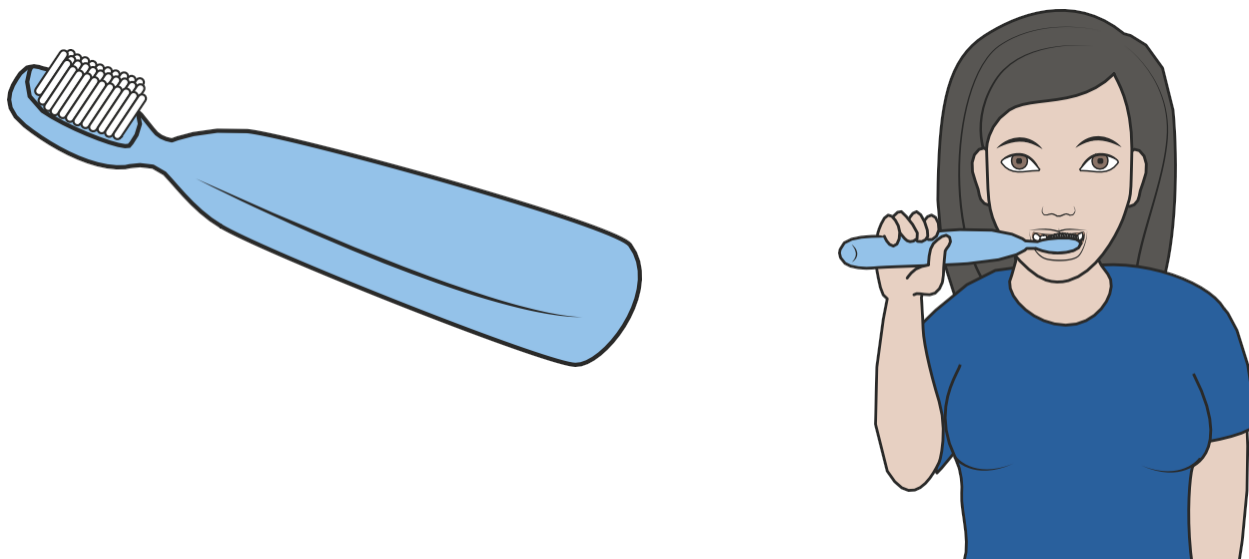
But it doesn't hurt.



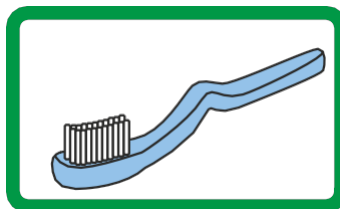
- **The three head toothbrush: It brushes all sides of my teeth at the same time.**



- The big-handle toothbrush: The handle is bigger to help me hold the toothbrush.



I need to change my toothbrush every three months.

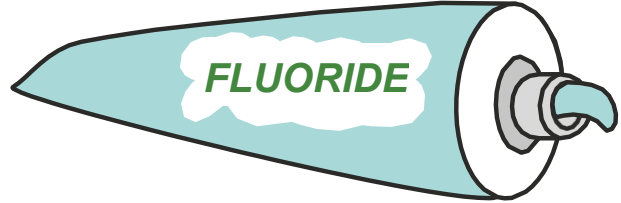
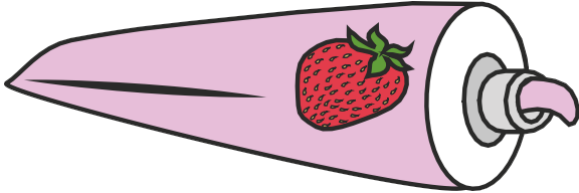
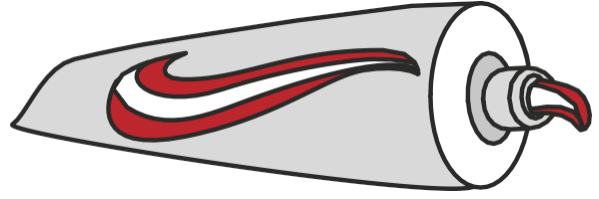
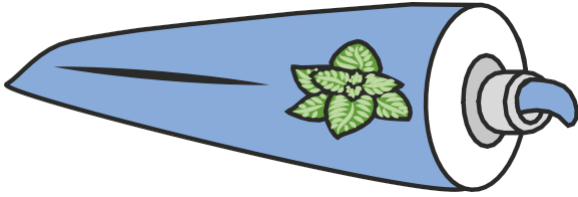


**Year**  
When to change my toothbrush

Jan ✓	Feb	Mar	Apr ✓
May	Jun	Jul ✓	Aug
Sept	Oct ✓	Nov	Dec

I can choose a toothpaste I like. It comes in different flavours.

- My dentist may tell me to use one that contains fluoride.



**This factsheet was produced in partnership with**  
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.



**It was created with financial support from our partners:**

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MALAKOFF MÉDÉRIC**

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**Foundation** 

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MAIRIE DE PARIS



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