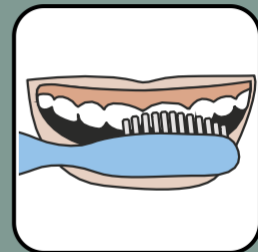


# Caring for my teeth

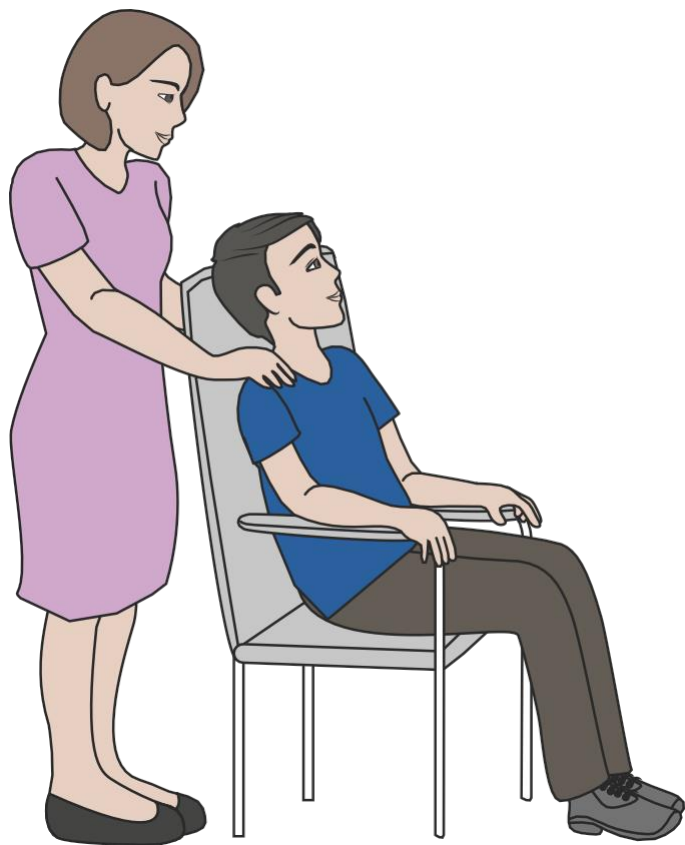


I need help with brushing my teeth.

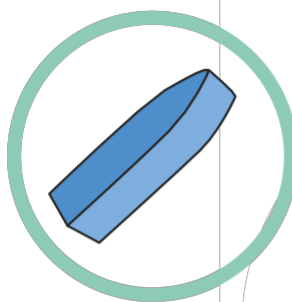


## I can get help to brush my teeth.

- The person sits me in a comfortable position.
- She can use a cushion so my head doesn't move.

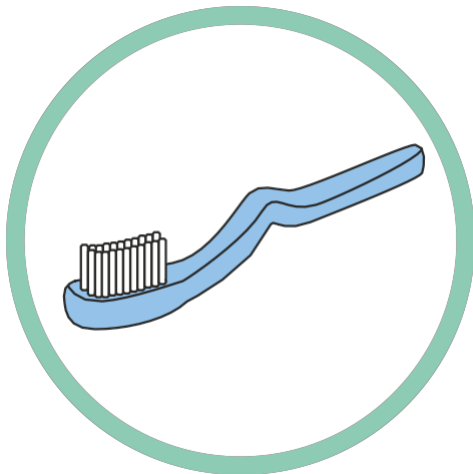


- If I can't keep my mouth open, she can use a wedge.

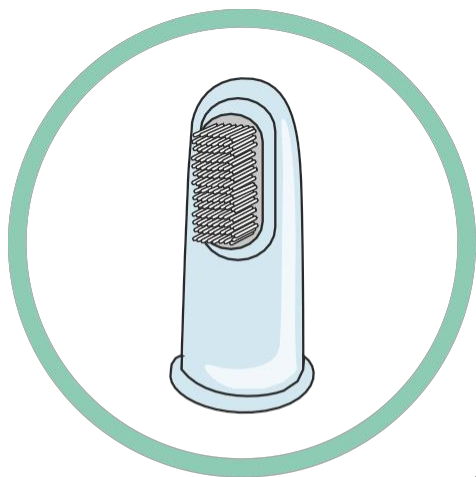


The person who helps me can clean my teeth in different ways.

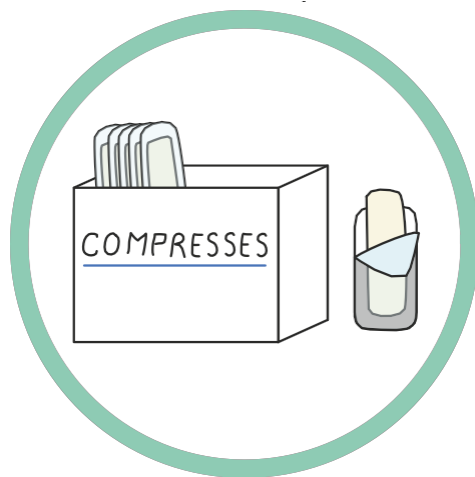
With a toothbrush



With a finger toothbrush



With a pad



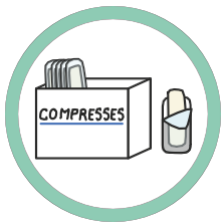
## The toothbrush

- The person puts toothpaste on the toothbrush and brushes my teeth.



## The pad

- The person puts on gloves and wraps the pad around one finger.



- She brushes my teeth and gums.



## The finger toothbrush

- The person puts on gloves and puts the finger toothbrush on the tip of her finger.



- She brushes my teeth with the finger toothbrush.



- After, she wipes my teeth with a pad.



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which promotes access to oral and dental care for people with disabilities.



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

**FONDATION HANDICAP  
MALAKOFF MÉDÉRIC**

Groupe malakoff médéric humanis



**The translation of this tool was made possible  
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**Foundation**



## Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



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MAIRIE DE PARIS



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