

www.brushmyteeth.ie



## Video 7

Special toothbrush  
With no help

Tick the boxes as  
you brush



Brush in the morning.



Brush again at night.



Brush for two minutes.



Use your special toothbrush.



Use toothpaste – the size of a pea.



Brush both sides of your mouth.  
Brush on the top and the bottom.



Don't Rinse. Just brush, spit and go.

