



University of Dundee

Looking After My Family's Dental Health

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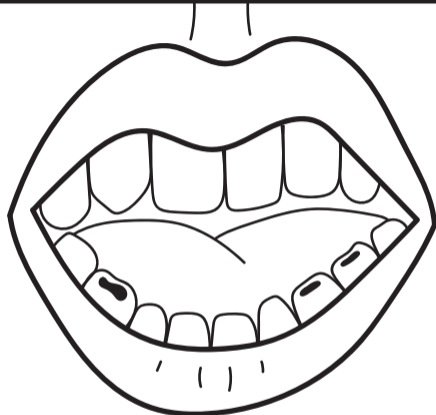
**LOOKING AFTER
MY FAMILY'S
DENTAL HEALTH**



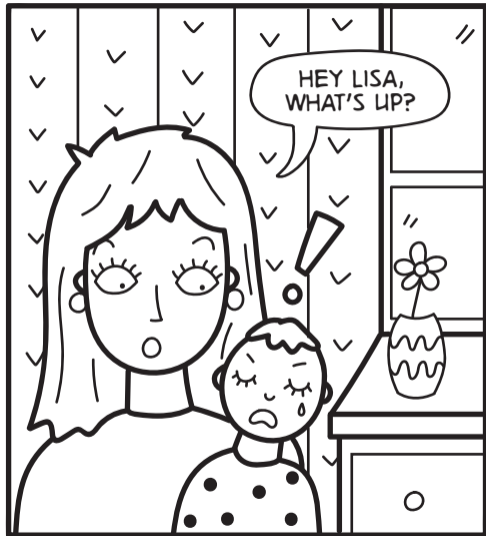


MY TEETH ARE
LOOKING PRETTY
GOOD NOW.

MORAG HAS BEEN IN
RECOVERY FOR TWO YEARS.



"I HAD HORRIBLE
EXPERIENCES AT THE
DENTIST AS A KID."



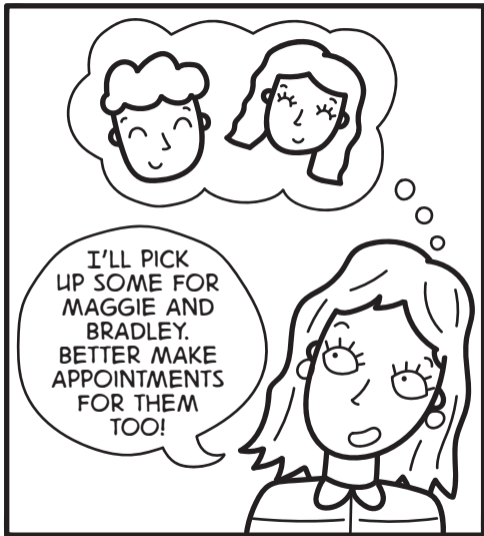




REMEMBER TO BRUSH LISA'S TEETH
TWICE A DAY WITH A SMEAR OF CHILD
STRENGTH FLUORIDE TOOTHPASTE.
KEEP SWEET THINGS TO MEALTIMES
AND DON'T PUT SUGARY DRINKS
IN FEEDING BOTTLES.



PICK UP SOME FREE BRUSHES
AND TOOTHPASTE FROM
THE DENTIST. IT'S IMPORTANT
TO EMBED GOOD HABITS
FROM AN EARLY AGE.



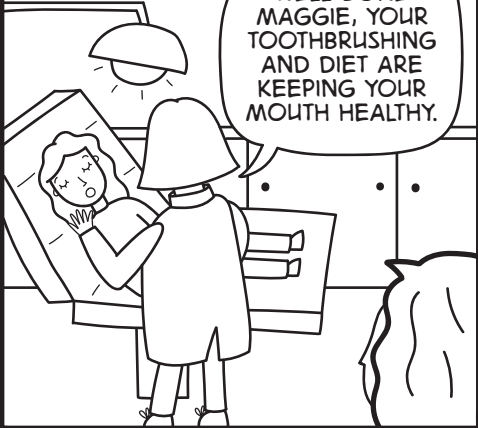


AT THE DENTIST...

HIS BABY
TEETH ARE
STARTING TO
FALL OUT.

ALL LOOKS GOOD, BRADLEY'S
FIRST ADULT MOLARS ARE
COMING IN. HE SHOULD USE A
PEA SIZED AMOUNT OF FLUORIDE
TOOTHPASTE AND AFTER BRUSHING
SPIT OUT BUT DON'T RINSE! WE
WILL ADD PROTECTIVE COATINGS
TO HIS NEW BACK TEETH.

A WEEK LATER...



WELL DONE
MAGGIE, YOUR
TOOTHBRUSHING
AND DIET ARE
KEEPING YOUR
MOUTH HEALTHY.

The scene is set in a dental office. A dentist, wearing a white coat and a cap, is examining Maggie's teeth. Maggie is sitting in a dental chair, looking slightly nervous. A lamp is positioned above her. The dentist is holding a mirror to show her the back of her mouth. The background shows dental cabinets and a sink.

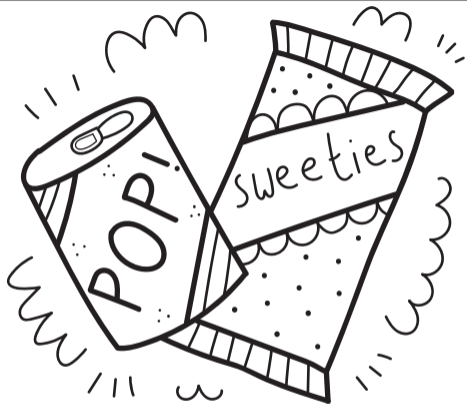


DO YOU THINK
SHE WILL NEED
BRACES?


NOT YET, BUT WE
WILL KEEP AN EYE
ON IT.

Two girls are shown from the chest up. The girl on the left has long, wavy hair and is wearing a collared shirt. She has a surprised expression. The girl on the right has shorter hair and is also wearing a collared shirt. She has a more composed expression.

REMEMBER, IT'S IMPORTANT
TO BRUSH TEETH WITH FLUORIDE
TOOTHPASTE TWICE A DAY AND
REMEMBER TO SPIT OUT THE
TOOTHPASTE AND DON'T RINSE
YOUR MOUTH. THIS WILL STOP
DECAY.



AVOID FIZZY DRINKS,
LIMIT SUGARY SNACKS
TO MEAL TIMES

A black and white line drawing of two women. The woman on the left has short hair and a surprised expression with wide eyes and an open mouth. The woman on the right has long hair and a neutral expression. A large speech bubble is positioned above them.

REMEMBER REDUCING
SUGAR HELPS GENERAL
HEALTH AS WELL AS
ORAL HEALTH.

A black and white line drawing of a woman in a dental office. She has short hair and a surprised expression. She is wearing a white lab coat and has her right hand raised. In the background, there is a desk with a computer monitor, a box, and a sign.

TRY AND MAKE
LOOKING AFTER
EVERYONE'S
TEETH FUN!

A logo for 'Childsmile' featuring a stylized, smiling face with spiky hair and a wide grin. Below the face, the word 'CHILDSMILE' is written in a simple, sans-serif font.

CHILDSMILE

Dental Anxiety Questionnaire

Lots of people worry about going to the dentist.
You can pull out this questionnaire for your child,
take it with you to your appointment and
give it to the dentist.

How do you feel about...

...going to the dentist generally?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

...having your teeth looked at?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

...having your teeth scaled and polished?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

...having an injection in the gum?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

...having a filling?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

...having a tooth taken out?



*Relaxed or
not worried*



*Very slightly
worried*



*Fairly
worried*



*Worried
a lot*



*Very
worried*

THAT NIGHT...

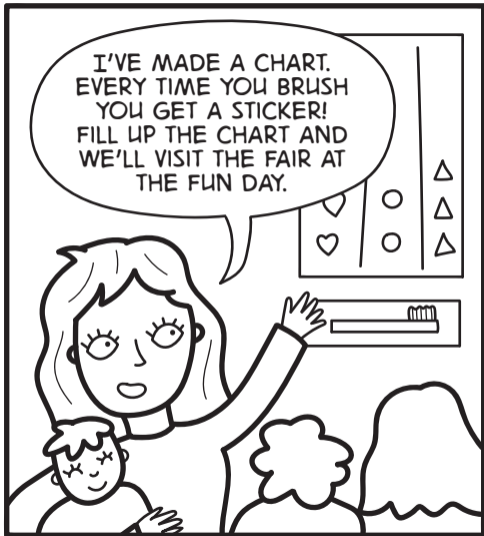
OK, KIDS TIME
TO CLEAN OUR
TEETH. LET'S SING
AS WE DO IT!



I'VE SET A
TWO-MINUTE
TIMER!

GOOD
IDEA!







Finding a new dentist:

You can use the **NHS Inform** website www.nhsinform.scot or call and ask for help locating a dentist on **0800 22 44 88**

Dental Emergencies:

If you have a dental emergency during the day and you are registered with a dentist, you should contact your dentist directly. If you are not registered you can call **NHS Inform** on **0800 22 44 88** and ask for details of your local dental advice line. The dental advice line will be able to help you to get treatment. Outside of normal working hours you should call **NHS 24** on **111**.

Key points to help your child keep good dental health:

- NHS dental care is free for children.
- Children's teeth should be brushed at least twice per day with fluoride toothpaste.
- After brushing children should not rinse their mouths but instead should only spit.
- Children should have their teeth brushed for them or be supervised until they can do this well for themselves
- Reduce sugary foods and drinks. If children have these, keep them to mealtimes only.

MY TOOTHBRUSHING DIARY

This diary belongs to: _____

TICK THE BOX
EACH TIME YOU
BRUSH YOUR
TEETH



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





BRUSH AT LEAST TWICE A DAY - FIRST THING IN THE MORNING AND LAST THING BEFORE GOING TO BED

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



MY TOOTHBRUSHING DIARY

USE A PEA-SIZED
AMOUNT OF FLUORIDE
TOOTHPASTE



WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



MY TOOTHBRUSHING DIARY

WELL DONE. KEEP
TOOTHBRUSHING!



WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



This comic was co-designed and co-produced through collaboration with **University of Dundee**, **NHS Fife** and **Scottish Drugs Forum (SDF)**. Funding was provided by the Corra Foundation. With special thanks to the SDF Dundee Peer Research group for informing the design and sharing their oral health related experience.

Artwork by Katie Quinn.



Also available:



For more information on the project go to *OHIPED Scotland* or the *Scottish Centre for Comics Studies*' websites.
