

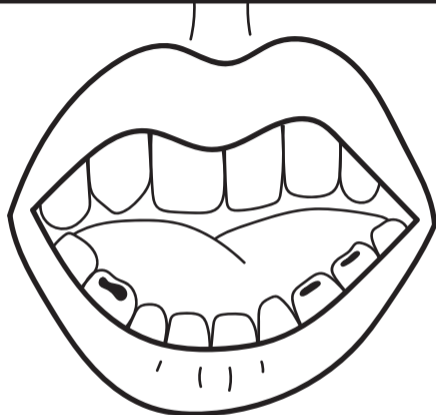
**LOOKING AFTER
MY FAMILY'S
DENTAL HEALTH**





MY TEETH ARE
LOOKING PRETTY
GOOD NOW.

MORAG HAS BEEN IN
RECOVERY FOR TWO YEARS.



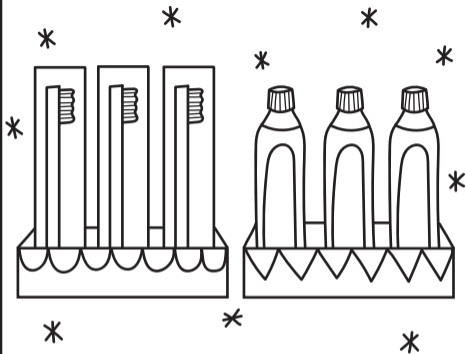
"I HAD HORRIBLE
EXPERIENCES AT THE
DENTIST AS A KID."



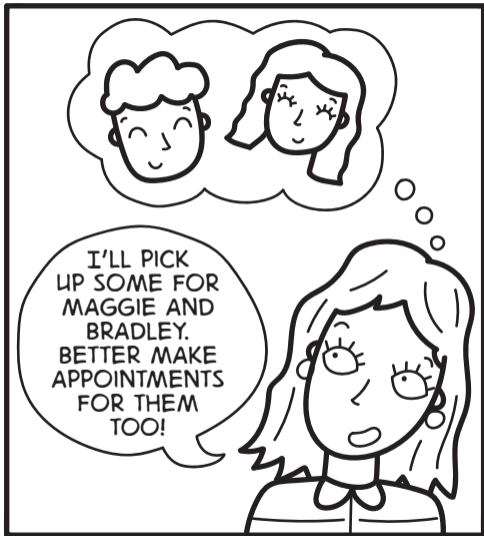




REMEMBER TO BRUSH LISA'S TEETH
TWICE A DAY WITH A SMEAR OF CHILD
STRENGTH FLUORIDE TOOTHPASTE.
KEEP SWEET THINGS TO MEALTIMES
AND DON'T PUT SUGARY DRINKS
IN FEEDING BOTTLES.



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



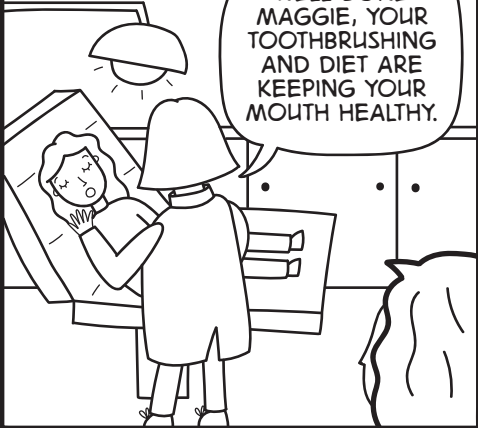


AT THE DENTIST...

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...

A black and white line drawing of a dentist in a white coat and cap examining a patient's teeth. The patient is sitting in a dental chair, looking up at the dentist. A speech bubble from the dentist says, "WELL DONE MAGGIE, YOUR TOOTHBRUSHING AND DIET ARE KEEPING YOUR MOUTH HEALTHY."

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

A black and white line drawing of two girls talking. The girl on the left has long, wavy hair and is wearing a collared shirt. The girl on the right has shorter hair and is also wearing a collared shirt. A speech bubble from the girl on the left says, "DO YOU THINK SHE WILL NEED BRACES?" and a speech bubble from the girl on the right says, "NOT YET, BUT WE WILL KEEP AN EYE ON IT."

DO YOU THINK
SHE WILL NEED
BRACES?

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

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*

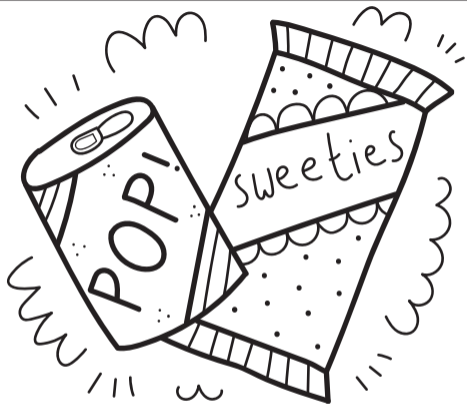


*Worried
a lot*



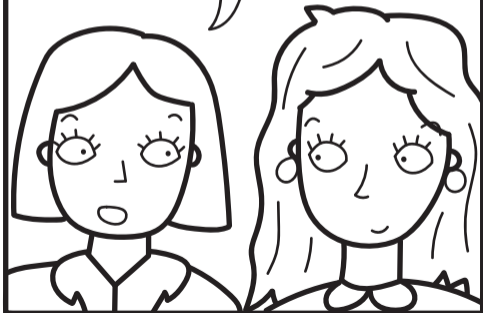
*Very
worried*

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

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



TRY AND MAKE
LOOKING AFTER
EVERYONE'S
TEETH FUN!

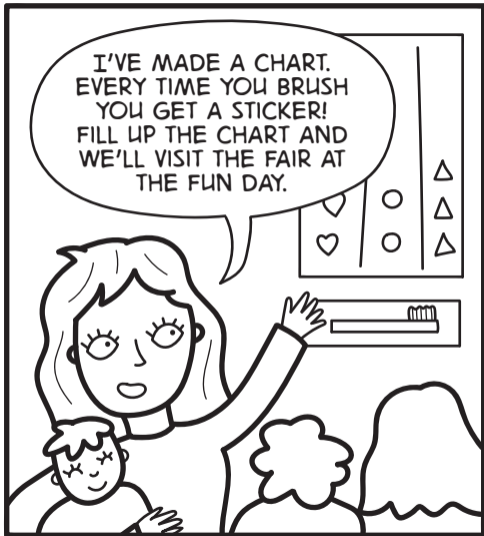


THAT NIGHT...

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.

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.



Also available:



For more information on the project go to *Smile4Life, Scotland* or the *Scottish Centre for Comics Studies'* websites.
