

**BIG
FEELINGS
ARE REAL.
SMALL STEPS
HELP!**

**TIPS,
TRICKS &
TOOTHY
FUN!**

BIG FEELINGS ABOUT TEETH!

A FRIENDLY COMIC ABOUT
**BRUSHING, FLOSSING,
SWEET TREATS AND
VISITING THE DENTIST**



LUMPCLOUD

FEELS HEAVY
AND TIRED.
I NEED REST.



PANIKIT

SEES PROBLEMS
EVERYWHERE.
WHAT IF...?



FIZZLET

JUMPS FROM THOUGHT
TO THOUGHT.
I CAN'T STAY STILL!



REPLAYMOTH

KEEPS REPLAYING
MEMORIES—EVEN
THE ONES THAT
ARE DONE.

★ ★ YOU'VE GOT A **CREW**. YOU'VE GOT **THIS!** ★ ★



WELCOME TO THE FEELING CREW DENTAL PACK!

A FRIENDLY GUIDE TO HELP
YOU LOOK AFTER YOUR TEETH
AND UNDERSTAND YOUR FEELINGS
EVERY STEP OF THE WAY!

★ **Hi there!** Teeth care can feel **BIG** sometimes...
maybe a bit wobbly, a bit scary, or just too much to think about.
That's totally okay!
★ This pack is here to help you feel more confident,
curious and **in control**.

INSIDE, WE'LL EXPLORE...

BRUSHING



How brushing
cleans your teeth
and helps you
feel fresh.

FLOSSING



Why flossing is
like a superhero
for between
your teeth!

SWEETS



How sweets
affect your teeth
(and yummy
alternatives).

FIZZY DRINKS



What fizz does
to your teeth
and how to
protect them.

CHEWING



Why chewing
is amazing and
how it helps
keep your smile
strong.

DENTIST VISITS



What happens
at the dentist
and how to feel
more prepared.

**YOU'VE GOT
THIS!**



REMEMBER:
YOU'RE NOT ALONE.
YOUR **FEELING CREW**
IS ALWAYS HERE
TO HELP!



★ **SMALL STEPS. BIG BRAVERY. HEALTHY SMILES. HAPPY YOU!** ★

VISITING THE DENTIST CAN FEEL BIG!

FROM THE OUTSIDE, VISITING THE DENTIST LOOKS SIMPLE.

JUST A CHECK-UP AND CLEAN. EASY!

YEAH... IT SHOULD BE FINE.

BUT FROM THE INSIDE... IT CAN ALREADY FEEL LIKE A LOT.

WHAT IF IT HURTS?

WHAT IF I CAN'T DO WHAT THEY ASK ME TO?

THERE ARE SO MANY NOISES, SMELLS AND SURPRISES...

BIG FEELINGS ARE OKAY.

WE'LL TAKE IT ONE SMALL STEP AT A TIME.

MEET THE FEELING CREW!

THEY'RE NOT BAD. THEY'RE HERE TO HELP EXPLAIN HOW YOU FEEL.

LUMPCLOUD

FEELS WORRIED, HEAVY OR TIRED. THINGS FEEL TOO BIG TO HANDLE.

PANIKIT

SEES PROBLEMS EVERYWHERE... WHAT IF SOMETHING GOES WRONG?

FIZZLET

JUMPS FROM THOUGHT TO THOUGHT. CAN'T STAY STILL FOR LONG.

REPLAYMOTH

KEEPS REPLAYING MEMORIES—EVEN THE ONES THAT ARE DONE.

SO THEY MEAN I'M NOT THE ONLY ONE WHO FEELS LIKE THIS?

THAT'S RIGHT, BUDDY.

AND YOU'VE GOT A WHOLE CREW TO HELP YOU.

TOGETHER, WE CAN DO THIS!

BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL.

8DHD

TOO MUCH AT THE DENTIST!

GOING TO THE DENTIST CAN FEEL OVERWHELMING BECAUSE SO MUCH IS NEW!



IT'S NORMAL TO FEEL WORRIED. YOU'RE NOT ALONE.

THERE'S SO MUCH GOING ON. I DON'T KNOW WHAT TO EXPECT.

MY FEELING CREW IS HERE WITH ME.

WE'LL LOOK AFTER YOU, BUDDY.

THESE THINGS CAN FEEL OVERWHELMING.

BRIGHT LIGHTS



SO BRIGHT! IT CAN FEEL LIKE TOO MUCH.

NOISY TOOLS



BUZZING, SUCKING, HUMMING NOISES CAN BE LOUD.

STRONG SMELLS & TASTES



MINTY SMELLS AND TOOTHPASTE TASTES CAN SURPRISE.

SCRATCHY STUFF ON SKIN



BIBS, GLOVES, AND TEXTURES CAN FEEL ITCHY OR WEIRD.

CHAIR GOES BACK



THE CHAIR TILTS AND MOVES IN WAYS THAT FEEL STRANGE.

WAITING & NOT KNOWING



WAITING AND NOT KNOWING WHAT'S NEXT IS HARD.

YOUR FEELING CREW HELPS EXPLAIN WHAT HAPPENS INSIDE.

LUMPCLOUD



I FEEL HEAVY WHEN THERE'S TOO MUCH TO TAKE IN ALL AT ONCE.

PANIKIT



I NOTICE DANGER... EVEN WHEN THERE ISN'T ANY!

FIZZLET



I JUMP AROUND BECAUSE IT'S HARD TO SIT STILL.

REPLAYMOTH



I KEEP REPLAYING WHAT MIGHT HAPPEN OVER AND OVER.

BIG FEELINGS ARE NOT BAD. THEY'RE MESSAGES!



THANKS FOR EXPLAINING, DAD.

YOU CAN TELL US WHEN YOU NEED A PAUSE. WE GO AT YOUR PACE.



WE CAN SHOW YOU EACH STEP, SO NOTHING IS A SURPRISE.



YOUR BODY IS TELLING US THIS FEELS LIKE TOO MUCH.



WE CAN SLOW DOWN.

TOO MUCH IS HARD. KIND PEOPLE AND SMALL STEPS HELP.



SOMETIMES THE WORDS GET STUCK AT THE DENTIST.

INSIDE, IT CAN FEEL LIKE TOO MUCH.

LUMPCLOUD

FEELS WORRIED. HEAVY OR TIRED. FEELS TOO BIG TO HANDLE.

PANIKIT

SEES PROBLEMS EVERYWHERE... WHAT IF SOMETHING GOES WRONG?

FIZZLET

JUMPS FROM THOUGHT TO THOUGHT. CAN'T STAY STILL FOR LONG.

REPLAYMOTH

KEEPS REPLAYING MEMORIES—EVEN THE ONES THAT ARE DONE.

WHEN OVERWHELM HITS, WORDS CAN GET STUCK.

I MIGHT GO QUIET.

I MIGHT TURN AWAY.

I MIGHT COVER MY EARS.

I MIGHT PULL BACK.

I MIGHT KEEP MY MOUTH SHUT TIGHT.

I MIGHT HIDE BEHIND DAD.

I MIGHT GENTLY PUSH THE MIRROR AWAY.

THIS IS NOT RUDE. THIS IS OVERWHELM.

I SEE YOU. IT'S OKAY.

YOU DON'T HAVE TO USE WORDS RIGHT NOW.

I'M RIGHT HERE WITH YOU.

YOU ARE DOING YOUR BEST.

YOU CAN HELP BY...

WHAT CAN HELP WHEN MY WORDS GET STUCK?

- ★ GIVE EXTRA TIME.
- ★ USE FEWER WORDS.
- ★ LET ME POINT.
- ★ ASK YES/NO QUESTIONS.
- ★ USE A STOP SIGNAL.
- ★ OFFER A BREAK.

I'LL GO SLOW.

I'LL KEEP IT SIMPLE.

WE'LL TAKE SMALL STEPS TOGETHER.

REMEMBER...

MY BEHAVIOUR IS COMMUNICATING HOW I FEEL.

WITH PATIENCE AND KINDNESS, MY WORDS CAN COME BACK.

I FEEL SAFE. I FEEL UNDERSTOOD. I CAN DO THIS.

THANK YOU FOR TELLING US HOW YOU FEEL.

MY MOODLING HELPS ME TOO.

YOU'VE GOT A GREAT TEAM AROUND YOU.

WHAT HELPS ME FEEL SAFER AT THE DENTIST!

HERE ARE WAYS WE CAN MAKE IT EASIER.



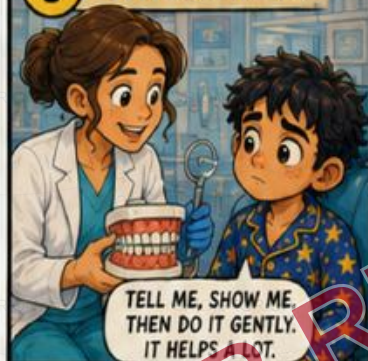
1 SEE THE ROOM FIRST.



2 USE A VISUAL PLAN.



3 TELL-SHOW-DO.



4 CHOOSE MY FLAVOUR.



5 SUNGLASSES FOR LIGHTS.



6 HEADPHONES FOR SOUNDS.



7 COMFORT ITEM OR MOODLING NEARBY.



8 AGREE A STOP SIGNAL.



9 COUNT TEETH TOGETHER.



10 TAKE BREAKS.



11 SIT UP SLOWLY.



12 PRAISE FOR TRYING.



MEET MY CALM AND SUPPORT CREW!



CELEBRATE PROGRESS!

EVERY STEP COUNTS!

TODAY WASN'T ABOUT BEING PERFECT.
IT WAS ABOUT BEING BRAVE. ❤️

BRAVERY
KINDNESS
SMALL STEPS
BIG WINS

LOOK AT ALL
THE AMAZING
THINGS YOU
DID TODAY!

I'M SO
PROUD OF
YOU, BUDDY.

YOU WERE
SO BRAVE!

★ LET'S CELEBRATE ALL YOUR BRAVE WINS TODAY! ★

1 I ARRIVED!



2 I WAITED!



3 I SAT IN THE CHAIR!



4 I OPENED A LITTLE!



5 I LET THE DENTIST
COUNT MY TEETH!



6 I USED MY STOP SIGNAL!



7 I TOOK A BREAK!



8 I FINISHED AND
EARNED A PRIZE!



WHAT MY CREW TAUGHT ME:



YOU USED
COURAGE,
KINDNESS, AND
YOUR VOICE.

I FEEL
PROUD OF
MYSELF!

EVERY SMALL
STEP ADDS UP.

YOU INSPIRED
US TODAY!

REMEMBER:

BRAVERY ISN'T ABOUT
NEVER FEELING BIG FEELINGS...

IT'S ABOUT KEEPING
GOING ANYWAY!

YOU ARE
AMAZING
JUST AS
YOU ARE! ❤️

SMALL STEPS. BIG HEARTS. PROGRESS IS ENOUGH.

BRUSHING TEETH CAN FEEL BIG!

FROM THE OUTSIDE,
BRUSHING TEETH
LOOKS SIMPLE.

BUT FROM THE INSIDE...
IT CAN ALREADY
FEEL LIKE A LOT.



DO I
REALLY HAVE
TO BRUSH
MY TEETH
NOW?

I KNOW IT CAN
FEEL BIG, BUDDY.

I'LL HELP
YOU GET
THROUGH IT.

I'M HERE,
TOO!

MEET THE FEELING CREW!

THEY'RE NOT BAD. THEY'RE JUST HERE
TO HELP EXPLAIN HOW YOU FEEL.

LUMPCLOUD

FEELS HEAVY AND
TIRED. EVERYTHING
TAKES MORE ENERGY.

PANIKIT

SEES PROBLEMS
EVERYWHERE. WHAT IF
SOMETHING GOES WRONG?

FIZZLET

JUMPS FROM THOUGHT
TO THOUGHT. CAN'T
STAY STILL FOR LONG.

REPLAYMOTH

KEEPS REPLAYING
MEMORIES—EVEN THE
ONES THAT ARE DONE.

WHEN I HAVE TO BRUSH MY TEETH,
MY FEELING CREW SHOWS UP FAST.

TOGETHER,
IT CAN FEEL
OVERWHELMING!

SO HOW DO
I HANDLE
SOMETHING
THAT FEELS
SO BIG?

WE TAKE IT
ONE SMALL STEP
AT A TIME.

WE'LL FIGURE IT OUT
TOGETHER. ❤️

BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL.

LOTS OF LITTLE THINGS
CAN ADD UP AND
MAKE BIG FEELINGS.

THE TASTE
CAN BE
TOO STRONG!

I GET
IT. THAT'S
A LOT!

WHAT CAN FEEL TOO MUCH?

EVEN BRUSHING TEETH
CAN FEEL OVERWHELMING!

THE MINT
SMELL CAN
BE TOO
STRONG!

LUMPCLOUD

SOME SMELLS
CAN FEEL LIKE
TOO MUCH!

THE FOAMY
FEELING CAN
BE TOO MUCH!

FIZZLET

TEXTURES
IN YOUR
MOUTH CAN
BE TRICKY!

PANIKIT

SENSES
SOMETHING
FEELS TOO
INTENSE!

THE BRISTLES
CAN FEEL
TOO SCRATCHY!

REPLAYMOTH

TINY FEELS
CAN FEEL
ENORMOUS!

SOMETIMES IT
FEELS LIKE I
MIGHT GAG!

PANIKIT

YOUR BODY
IS TRYING TO
PROTECT YOU!

THE SOUNDS
AND ECHOES IN THE
BATHROOM CAN
BE TOO LOUD!

LUMPCLOUD

SOUNDS CAN
BOUNCE AND
FEEL BIGGER!

TOO MANY STEPS!

- ☒ GET TOOTHBRUSH
- ☒ PUT ON PASTE
- ☒ TURN ON TAP
- ☒ BRUSH TOP
- ☒ BRUSH BOTTOM
- ☒ RINSE
- ☒ SPIT
- ☒ CLEAN BRUSH
- ☒ WASH HANDS
- ☒ DRY HANDS

FIZZLET

YOUR BRAIN
CAN GET FULL
WHEN THERE'S
TOO MUCH!

THERE ARE SO
MANY STEPS!
IT FEELS LIKE
TOO MUCH!

YEP,
THAT'S
A LOT TO
REMEMBER.

THIS ISN'T
NAUGHTY.
THIS IS
OVERWHELM!

THE GOOD NEWS?
YOU'RE NOT ALONE.
IT CAN GET EASIER!
WE'LL FIND WHAT
WORKS FOR YOU!

THE FEELING CREW IS HERE
TO HELP YOU UNDERSTAND
YOUR FEELINGS.
TOGETHER, WE CAN
MAKE SMALL CHANGES
THAT MAKE A BIG
DIFFERENCE!

8DHD

SOMETIMES THE WORDS GET STUCK.

WHEN BRUSHING FEELS TOO HARD...

MY BODY AND BRAIN HIT THE BRAKES.

I MIGHT GO QUIET.

I MIGHT FREEZE.

I MIGHT TURN AWAY.

I MIGHT COVER MY EARS.

I MIGHT PUSH THE TOOTHBRUSH AWAY.

IT'S OKAY.

I MIGHT CURL UP.

I'M HERE. YOU'RE SAFE.

INSIDE MY HEAD, MY FEELING CREW GOES INTO OVERDRIVE. THEY'RE NOT BAD. THEY'RE TRYING TO HELP.

8DHD

PANIKIT

WORRIES THAT SOMETHING WILL GO WRONG.

REPLAYMOTH

REPLAYS MOMENTS THAT HURT OR FELT YUCKY.

FIZZLET

TOO MANY THOUGHTS. TOO LOUD. TOO FAST.

LUMPCLOUD

MAKES EVERYTHING FEEL HEAVY AND TOO MUCH.

THIS ISN'T BAD BEHAVIOUR. IT'S OVERWHELM. YOUR BRAIN IS PROTECTING YOU.

LET'S TAKE A BREATH. WE'LL TRY A SMALLER STEP.

YOU DON'T HAVE TO DO IT ALL. WE GO AT YOUR PACE.

OVERWHELM IS REAL. COMPASSION HELPS. SMALL STEPS COUNT.

THERE ARE LOTS OF WAYS TO MAKE BRUSHING FEEL SAFE, CALM, AND EASY.

WHAT HELPS ME FEEL SAFER WHEN BRUSHING MY TEETH!

LET'S FIND
WHAT HELPS
YOU!

CHOOSE YOUR COLOUR



PICKING MY
TOOTHBRUSH COLOUR
MAKES IT FEEL LIKE MINE.

TRY NEW FLAVOURS



DIFFERENT FLAVOURS
CAN HELP ME FIND
ONE I LIKE.

WATER FIRST



WETTING MY TOOTHBRUSH
FIRST CAN MAKE IT
FEEL GENTLER.

USE THE MIRROR



LOOKING IN THE MIRROR
HELPS ME SEE WHAT
I'M DOING.

COUNT OR SING



COUNTING OR SINGING
MAKES TIME GO BY
AND KEEPS ME FOCUSED.

ONE STEP AT A TIME

- ☒ TOP TEETH
- ☐ BOTTOM TEETH
- ☐ LEFT SIDE
- ☐ RIGHT SIDE
- ☐ TONGUE

BREAKING IT DOWN
HELPS IT FEEL LESS
OVERWHELMING.

SEE DAD DO IT



WATCHING DAD BRUSH
SHOWS ME IT'S NORMAL
AND SAFE.

TAKE BREAKS



I CAN TAKE A LITTLE
BREAK AND TRY
AGAIN WHEN I'M READY.

USE DEEP BREATHS



BREATHE IN... BREATHE OUT...
CALMING MY BODY HELPS
CALM MY MIND.

I HOLD THE PASTE



HOLDING THE PASTE
GIVES ME CONTROL
AND CONFIDENCE.

USE LESS PASTE

SMALL
PEA-SIZE
AMOUNT!

A LITTLE BIT IS ENOUGH—
IT FEELS BETTER
AND IS JUST RIGHT.

EARN REWARDS



STICKERS, STARS, OR A CHART
REWARD MY EFFORTS
AND ENCOURAGE ME.

PRAISE FOR TRYING



KIND WORDS AND HIGH FIVES
HELP ME FEEL PROUD
AND BRAVE.

MY SAFETY PLAN

THESE THINGS HELP
ME FEEL SAFER.
I CAN CHOOSE WHAT
WORKS BEST FOR ME!



I HAVE CHOICES. I AM IN CONTROL. I CAN DO THIS!

CELEBRATE EFFORT, NOT PERFECTION!

YOU DON'T HAVE
TO DO IT ALL.
YOU JUST HAVE TO
KEEP TRYING.



SMALL STEPS. BIG PROGRESS.

1. TOUCH THE
TOOTHBRUSH.



2. TRY THE
TOOTHPASTE.



3. BRUSH ONE
TOOTH.



4. SPIT IT OUT.



5. TRY AGAIN
TOMORROW.



YOUR FEELING CREW IS SO PROUD OF YOU!

LUMPCLOUD

EVERY STEP
COUNTS.

PANIKIT

BRAVE IS
KEEPING GOING.

FIZZLET

PROGRESS,
NOT PERFECTION.

REPLAYMOTH

TOMORROW
IS A NEW TRY.



WE BELIEVE IN YOU!

EVERY STEP COUNTS.
EVERY TRY MATTERS.
EVERY DAY IS A CHANCE
TO GROW.

BIG FEELINGS ARE REAL.

SMALL STEPS ARE POWERFUL.

KEEP GOING, YOU'VE GOT THIS!

FLOSSING CAN FEEL BIG!

FROM THE OUTSIDE,
FLOSSING LOOKS SIMPLE.

BUT FROM THE INSIDE...
IT CAN ALREADY
FEEL LIKE A LOT.



DO I
NEED TO FLOSS
EVERY NIGHT?

I KNOW IT CAN
FEEL BIG, BUDDY.

I'LL HELP
YOU GET
THROUGH IT.

I'M HERE,
TOO!

MEET THE FEELING CREW!

THEY'RE NOT BAD. THEY'RE JUST HERE
TO HELP EXPLAIN HOW YOU FEEL.

LUMPCLOUD

FEELS HEAVY AND
TIRING. MAKES BIG
TASKS FEEL HARDER.

PANIKIT

SEES PROBLEMS
EVERYWHERE. WHAT IF
I DO IT WRONG?

FIZZLET

JUMPS FROM THOUGHT
TO THOUGHT. HARD TO
STAY STILL AND FOCUS.

REPLAYMOTH

KEEPS REPLAYING
PAST WORRIES AND
WHAT I "SHOULD" DO.

WHEN I THINK ABOUT FLOSSING,
MY FEELING CREW SHOWS UP FAST.

TOGETHER, IT FEELS
OVERWHELMING!

SO HOW DO
I HANDLE
SOMETHING
THAT FEELS
SO BIG?

WE TAKE IT
ONE SMALL STEP
AT A TIME.

WE'LL FIGURE IT OUT
TOGETHER. ❤️

★ BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL. ★

TOO MANY SENSATIONS!

FLOSSING CAN FEEL LIKE A LOT ALL AT ONCE.

THERE ARE SO MANY THINGS TO NOTICE! NO WONDER IT CAN FEEL OVERWHELMING.

WHY DOES FLOSSING FEEL SO MUCH?

THERE ARE A LOT OF SENSATIONS TO HANDLE.

I'LL HELP YOU GET THROUGH IT.

I'M HERE, TOO!



HERE ARE SOME REASONS FLOSSING CAN FEEL TOO MUCH.

IT FEELS WEIRD BETWEEN TEETH.

IT FEELS SO STRANGE IN THERE!

GUMS CAN FEEL SENSITIVE.

OW! MY GUMS FEEL TENDER!

THE STRING FEELS STRANGE AND ODD.

IT FEELS SLIMY AND SLIPPERY!

IT TAKES TOO LONG.

IS IT OVER YET? IT TAKES FOREVER!

IT'S HARD TO STAY STILL AND FOCUS.

I CAN'T STOP WIGGLING! I KEEP GETTING DISTRACTED!

LET'S CHECK IN WITH THE FEELING CREW!

THEY SHOW UP WHEN FLOSSING FEELS LIKE TOO MUCH.

LUMPCLOUD

BRINGS THE HEAVY, TIRED FEELINGS. EVERYTHING CAN FEEL EXHAUSTING.

PANIKIT

SEES ALL THE POSSIBLE PROBLEMS. WORRIES ABOUT IT HURTING OR DOING IT WRONG.

FIZZLET

BRINGS JUMPY, FIDGETY ENERGY AND SUPER FAST THOUGHTS THAT WON'T SLOW DOWN.

REPLAYMOTH

KEEPS REPLAYING WHAT HAPPENED OR WHAT COULD GO WRONG. OVER AND OVER AGAIN.

WHEN ALL THESE SENSATIONS AND FEELINGS SHOW UP AT ONCE...

IT'S TOO MUCH!

IT'S NOT THAT YOU DON'T WANT TO. YOUR BODY AND BRAIN ARE JUST OVERWHELMED.

I GET IT, BUDDY.

YOU'RE DOING YOUR BEST. AND THAT'S SOMETHING TO BE PROUD OF.

THIS IS OVERWHELM, NOT BAD BEHAVIOUR. ❤️

★ LOTS OF SENSATIONS. BIG FEELINGS. IT'S OKAY. ★ WE'LL TAKE IT ONE SMALL STEP. ★

SOMETIMES... THE WORDS GET STUCK!

SOMETIMES IT'S HARD
TO SAY WHAT FEELS
WRONG INSIDE.

IT'S OKAY. IT DOESN'T
MEAN YOU'RE BEING
RUDE. IT MEANS YOU'RE
FEELING OVERWHELMED.



WHY DO I
HAVE TO
DO THIS?

I GET IT.
FLOSSING CAN
FEEL CONFUSING.

I'M HERE
WITH YOU.

I'M HERE,
TOO!

SOMETIMES THE WORDS GET STUCK...



IT FEELS
WEIRD.

I GO QUIET.

WHAT IF I
DO IT
WRONG?

I FREEZE.

I DON'T KNOW
HOW TO
EXPLAIN IT.

I COVER MY
MOUTH.

IT TAKES
TOO LONG.

I PUSH IT AWAY.

MEET THE FEELING CREW!

THEY SHOW UP WHEN THE WORDS
ARE HARD TO FIND.



LUMPCLOUD

MAKES EVERYTHING
FEEL HEAVY AND
HARD TO START.

PANIKIT

WORRIES THAT
SOMETHING WILL
GO WRONG.

FIZZLET

BOUNCES THOUGHTS
AROUND SO I CAN'T
FOCUS.

REPLAYMOTH

KEEPS LOOPING THE
SAME WORRIES OVER
AND OVER.

WHAT CAN HELP? ★

- ☐ TAKE A PAUSE.
- ☐ TRY JUST ONE TOOTH.
- ☐ LET DAD HELP.

★ YOU GET TO CHOOSE
A SMALL NEXT STEP.



I STILL DON'T
GET IT.
I JUST KNOW
IT FEELS... OFF.

YOU DON'T
NEED BIG
WORDS.
SHOW ME
IN YOUR WAY.

I'LL LISTEN.
WE'LL FIGURE IT OUT
TOGETHER.

★ ★ BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL. ★ ★

WHAT HELPS ME FEEL SAFER FLOSSING!

I CAN CHOOSE WHAT WORKS FOR ME.
I'M IN CHARGE OF MY PLAN!

8DHD

THESE IDEAS
HELP ME FEEL
CALMER, MORE
IN CONTROL,
AND PROUD!

1 I CAN CHOOSE FLOSS PICKS!  THEY CAN FEEL EASIER TO HOLD AND USE.	2 I LOOK IN THE MIRROR.  I CAN SEE WHAT I'M DOING AND IT HELPS ME KNOW I'M DOING IT RIGHT.	3 I DO ONE LITTLE SECTION AT A TIME.  SMALL STEPS MAKE IT FEEL WAY MORE DOABLE.	4 I COUNT DOWN TO GET STARTED.  COUNTING HELPS ME FOCUS AND JUMP IN!
5 I USE A TIMER OR MY FAVORITE SONG.  MUSIC + TIME HELP ME KEEP GOING!	6 I TAKE BREAKS WHEN I NEED TO.  A BREAK IS OKAY! THEN I CAN TRY AGAIN WHEN I'M READY.	7 MY DAD SHOWS ME FIRST.  SEEING HIM DO IT MAKES ME FEEL BRAVE AND NOT ALONE.	8 I KEEP A COMFORT ITEM NEARBY.  MY SPECIAL PAL HELPS ME FEEL SAFE.
9 I GET PRAISE FOR TRYING MY BEST!  I'M PROUD OF ME! TRYING IS A WIN!	10 IF MY GUMS ARE SORE, I STOP AND TRY AGAIN GENTLY.  THAT'S OKAY! I CAN TAKE A BREAK, USE GENTLE FLOSS PICKS, AND TRY AGAIN LATER.	 I LISTEN TO MY BODY!	

MEET THE FEELING CREW!

THEY REMIND ME THAT I'M DOING GREAT AND THAT HELP IS ALWAYS HERE.

 TAKE YOUR TIME!	 BREATHE DEEP!	 YOU'VE GOT THIS!	 YOU ARE BRAVE!	 WOOF! I'M PROUD OF YOU!
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★ ★ I HAVE TOOLS. I HAVE SUPPORT. I'VE GOT THIS! ★ ★

8DHD

CELEBRATE PROGRESS!

BIG FEELINGS COME IN
SMALL STEPS. LET'S
CELEBRATE EVERY WIN!

EVERY SMALL STEP IS A BIG WIN!

LOOK AT YOU!
YOU'RE DOING
AMAZING.
I'M SO PROUD
OF YOU.



1 TOUCH THE FLOSS PICK
YOU DID IT!

FIRST STEP!
YOU TRIED.
THAT COUNTS!

2 OPEN YOUR MOUTH
GREAT START!

YOU'RE
GETTING
READY!

3 TRY ONE TOOTH
ONE TOOTH COUNTS!

WOW! THAT'S
A BIG STEP!

4 LET DAD HELP
TEAMWORK!

ASKING FOR HELP
IS SMART AND
BRAVE!

5 TAKE A BREAK
THAT'S OKAY!

PAUSE. BREATHE.
YOU'LL COME
BACK STRONGER.

6 COME BACK
YOU GOT THIS!

LOOK AT YOU—
YOU KEPT
TRYING!

7 FINISH ONE SMALL
SECTION—YAY!

YOU DID IT!
THAT SECTION
IS DONE!

REMEMBER:

EVERY STEP
COUNTS!

TRYING IS
BRAVE!

YOU ARE
GROWING!

THE FEELING CREW IS PROUD OF YOU!

LUMPCLOUD

I FEEL LIGHTER.
I'M PROUD OF YOU.

PANIKIT

SEE? YOU HANDLED
IT! THAT'S HUGE!

FIZZLET

BUBBLE OF PRAISE!
YOU SPARKLE!

REPLAYMOTH

NEW GOOD MEMORIES
ARE LOADING!

THANK YOU FOR
HELPING ME, DAD.
I'M PROUD OF ME!

I'M HERE,
TOO!

★ ★ YOU ARE BRAVE. YOU ARE TRYING. YOU ARE AMAZING. ★ ★

FIZZY DRINKS & SWEETS CAN FEEL CONFUSING!

FROM THE OUTSIDE, IT CAN LOOK LIKE "JUST BEING TOLD NO".

BUT FROM THE INSIDE... IT CAN FEEL CONFUSING, DISAPPOINTING AND OVERWHELMING.

I DON'T GET IT. THEY SAY FIZZY DRINKS AND SWEETS ARE OK SOMETIMES... SO WHY AM I BEING TOLD OFF NOW?

I KNOW IT CAN FEEL CONFUSING, BUDDY.

LET'S TALK ABOUT IT.

I'M HERE TOO!

MEET THE FEELING CREW!

THEY'RE NOT BAD. THEY'RE HERE TO HELP EXPLAIN HOW YOU FEEL.

LUMPCLOUD

FEELS HEAVY AND SAD.

PANIKIT

FEELS IN TROUBLE.

FIZZLET

LOVES THE FUN FIZZ AND SUGAR BUZZ!

REPLAYMOTH

REMEMBERS BEING TOLD OFF BEFORE.

WHEN I HAVE FIZZY DRINKS OR SWEETS, MY FEELING CREW SHOWS UP FAST.

TOGETHER, IT CAN FEEL LIKE TOO MUCH!

SO IT'S NOT THAT I'M NAUGHTY... I'M JUST FEELING A LOT?

EXACTLY! IT'S NOT ABOUT BEING NAUGHTY. IT'S ABOUT BIG FEELINGS AND UNDERSTANDING THEM TOGETHER. ♥

BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL.

TOO MANY FEELINGS AT ONCE!

SOMETIMES, SWEETS AND FIZZY DRINKS CAN FEEL SO GOOD INSIDE.

SWEETS CAN FEEL SAFE AND FAMILIAR. THEY'RE COMFORTING.

THE BRIGHT COLOURS AND SWEET TASTE FEEL EXCITING.

FIZZY BUBBLES FEEL INTENSE AND INTERESTING.



FOR NEURODIVERGENT KIDS, IT'S NOT JUST ABOUT WANTING SWEETS.



IT'S ROUTINE.

THE SAME THINGS,
THE SAME ORDER,
THE SAME FEELING.



IT'S COMFORT.

IT HELPS EVERYTHING
FEEL SAFE AND
PREDICTABLE.



IT'S HOW IT FEELS.

THE TASTE, THE TEXTURE,
THE BUBBLES—ALL OF IT
WAKES UP THEIR SENSES.



IT'S HARD WHEN THINGS
CHANGE SUDDENLY.

ESPECIALLY WHEN IT
HAPPENS WITHOUT
WARNING.

BUT THEN... SUDDENLY...



MY BODY FEELS
DISAPPOINTED.



MY BRAIN FEELS
CONFUSED.



MY WORRIES GET
LOUDER.



EVERYTHING FEELS
TOO MUCH!

REMEMBER!

IT'S NOT JUST ABOUT THE SWEETS. IT'S ABOUT ROUTINE, COMFORT,
SENSORY JOY AND HOW HARD SUDDEN CHANGE CAN FEEL.

THAT'S OKAY.
YOU'RE NOT ALONE.

SOMETIMES THE WORDS GET STUCK

SOMETIMES, IT'S HARD TO EXPLAIN WHY BEING TOLD OFF FEELS SO UPSETTING.

INSIDE MY HEAD...

BUT THEY ARE MY FAVOURITE.

I THOUGHT IT WAS A TREAT.

WHY AM I IN TROUBLE?

I DON'T UNDERSTAND WHAT I DID WRONG.

I TRY TO TELL YOU WHAT I FEEL, BUT THE WORDS GET STUCK...

I KNOW, BUDDY. THOSE FEELINGS CAN BE REALLY HARD TO EXPLAIN.

WHAT PEOPLE THINK...

HE'S BEING RUDE. HE KNOWS THE RULES.

WHAT'S REALLY GOING ON...

I WANT TO EXPLAIN, BUT I JUST...
I DON'T KNOW HOW.

SWEETS AND FIZZY DRINKS AREN'T BAD. THEY CAN BE FUN AND TASTY!

BUT HAVING TOO MUCH CAN HURT OUR TEETH AND TUMMIES.

MY JOB IS TO KEEP YOU SAFE AND HEALTHY.

MY FEELING CREW IS HERE TO HELP.

OVERWHELM

EVERYTHING FEELS LIKE TOO MUCH RIGHT NOW.

SHAME

I FEEL SMALL AND LIKE I'VE DISAPPOINTED YOU.

RACING THOUGHTS

THOUGHTS SPIN FAST AND NEVER STOP.

CONFUSION

IT'S HARD TO KNOW WHAT'S TRUE OR WHAT TO DO.

IT'S OKAY TO FEEL UPSET. I'M HERE, AND WE'LL GET THROUGH IT TOGETHER.

THIS IS NOT RUDE. THIS IS NOT NAUGHTY. THIS IS A CHILD STRUGGLING WITH BIG, CONFUSING FEELINGS AND NEEDING HELP TO UNDERSTAND.

WHAT HELPS ME UNDERSTAND?

SIMPLE IDEAS THAT HELP ME MAKE HEALTHY CHOICES AND KEEP MY FEELINGS STEADY!

WHEN I UNDERSTAND, I CAN MAKE SMART CHOICES!

LET'S USE IDEAS THAT REALLY HELP!

★ HERE ARE 10 WAYS WE CAN HELP TOGETHER! ★

1 EXPLAIN KINDLY, NOT AS A TELLING-OFF.



CALM WORDS HELP ME LISTEN AND FEEL SAFE.

2 SHOW A SIMPLE PICTURE THAT SUGAR AND FIZZ CAN HURT TEETH.



PICTURES HELP ME SEE WHAT MY TEETH ARE UP AGAINST!

3 USE CLEAR TREAT TIMES.



KNOWING WHEN MAKES IT EASIER TO WAIT AND ENJOY MORE.

4 OFFER CHOICES BETWEEN TWO SNACKS.



CHOICES HELP ME FEEL IN CONTROL AND MAKE GOOD PICKS.

5 GIVE WATER AFTER SWEETS OR FIZZY DRINKS.



WATER WASHES SUGAR AWAY AND KEEPS MY MOUTH HAPPY.

6 TRY TOOTH-FRIENDLY SWAPS SOMETIMES.



SWAPS CAN STILL TASTE YUMMY AND HELP PROTECT MY TEETH!

7 USE A COUNTDOWN BEFORE STOPPING.



COUNTING DOWN HELPS ME GET READY FOR WHAT'S NEXT.

8 BRUSH TEETH AFTER TREATS.



BRUSHING CLEANS MY TEETH AND KEEPS THEM STRONG AND SHINY!

9 PRAISE TRYING, NOT PERFECTION.



TRYING MY BEST HELPS ME GROW WITH CONFIDENCE.

10 REMIND ME I AM NOT IN TROUBLE.



LOVE AND SUPPORT HELP ME KEEP LEARNING.

THESE IDEAS HELP MY BRAIN AND MY TEETH!

YOU DON'T HAVE TO GET IT PERFECT.

YOU JUST HAVE TO KEEP GOING!

SMALL CHOICES ADD UP TO BIG SMILES!

★ UNDERSTANDING + SUPPORT = STRONG TEETH AND STRONG FEELINGS! ★

EVERY SMALL STEP COUNTS!

UNDERSTANDING HELPS ME MAKE KIND, HEALTHY CHOICES ONE SMALL STEP AT A TIME!

I CAN HAVE A TREAT...

...AND ENJOY IT CALMLY.

I DRINK WATER...

...TO HELP MY BODY AND MY TEETH.

I CHOOSE HEALTHY SWAPS WHEN I CAN...

...MORE ENERGY, HAPPIER ME!

I BRUSH MY TEETH TWICE A DAY...

...MY MOUTH FEELS FRESH AND CLEAN!

AND I GET SUPPORT FROM MY CREW AND DAD!

YOU WERE NOT BEING NAUGHTY. YOU WERE LEARNING.

TREATS ARE SOMETIMES FOODS. MY TEETH NEED HELP TOO.

MY FEELING CREW IS PROUD OF ME!

LUMPCLOUD

FEELS LIGHT AND RELAXED.

PANIKIT

WORRIES ARE GETTING SMALLER.

FIZZLET

THOUGHTS FEEL CLEARER NOW!

REPLAYMOTH

MAKES NEW, HAPPY MEMORIES!

I'M FEELING...

...PROUD, CALMER, AND MORE IN CONTROL!

HERE'S WHAT I'M LEARNING:

- ✓ CLEAR WORDS HELP ME UNDERSTAND.
 - ✓ KINDNESS BUILDS TRUST.
 - ✓ PRACTICE HELPS ME GROW.
 - ✓ LEARNING ABOUT FIZZY DRINKS AND SWEETS TAKES TIME...
- ...AND THAT'S OKAY!

I'M LEARNING.
I'M GROWING.
I'M DOING MY BEST!

AND THAT IS

AMAZING!

TO EVERY KID READING THIS:

YOU DON'T HAVE TO GET IT ALL RIGHT TODAY. EVERY SMALL STEP YOU TAKE COUNTS IN A BIG WAY.

BE PATIENT WITH YOURSELF. ASK FOR HELP. KEEP TRYING.

YOU'VE GOT THIS!

CHEWING THINGS CAN FEEL BIG!

FROM THE OUTSIDE, CHEWING AND NAIL BITING CAN LOOK NAUGHTY.

BUT FROM THE INSIDE, IT CAN MEAN MY BODY NEEDS HELP.



I FEEL LIKE I'M IN TROUBLE... BUT I DON'T KNOW WHY.

HEY BUDDY, WHAT'S ON YOUR MIND?

YOU'RE NOT IN TROUBLE. I JUST WANT TO UNDERSTAND.

I'M HERE, TOO!

MEET THE FEELING CREW!

THEY HELP EXPLAIN WHAT HAPPENS INSIDE WHEN I CHEW OR BITE MY NAILS.

LUMPCLOUD

I BRING THE HEAVY, TIRED FEELINGS. MY WEIGHT MAKES EVERYTHING FEEL HARD.

PANIKIT

I SEE PROBLEMS EVERYWHERE! I WORRY A LOT AND THINK SOMETHING BAD WILL HAPPEN.

FIZZLET

I JUMP SO FAST FROM THOUGHT TO THOUGHT! IT'S HARD TO STAY STILL OR FOCUS.

REPLAYMOTH

I KEEP REPLAYING THINGS IN MY HEAD... OVER AND OVER AND OVER AGAIN.

WHEN THESE BIG FEELINGS SHOW UP...

...THEY CAN SWIRL, STACK, AND BUILD UP FAST!

MY BODY TRIES TO FIND A WAY TO HANDLE ALL OF IT!

THEN CHEWING OR BITING NEEDS TO HAPPEN!

★ ★ BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL. ★ ★

SOMETIMES MY MOUTH NEEDS SOMETHING!

SOMETIMES, THESE THINGS CAN TRIGGER MY MOUTH TO LOOK FOR HELP:

WORRY

BIG FEELINGS CAN FEEL TOO BIG INSIDE.

BUSY THOUGHTS

MY BRAIN GOES SUPER FAST AND NEEDS A FOCUS BOOST.

NEEDING SENSORY INPUT

MY MOUTH LOOKS FOR SOMETHING TO CHEW, PRESS, OR FEEL.

BOREDOM

WHEN THINGS FEEL TOO EASY OR NOT FUN, MY MOUTH TRIES TO FILL THE GAP.

WAITING

WAITING CAN FEEL SOOO SLOW!

STRESS

LOUD, BRIGHT, OR TOO MUCH AT ONCE CAN MAKE MY BODY FEEL TENSE.

I DON'T UNDERSTAND WHY

IT JUST HAPPENS BEFORE I EVEN REALIZE.

SOMETIMES PEOPLE THINK ONE THING... BUT THE REAL REASON IS DIFFERENT.

WHAT PEOPLE MIGHT THINK:

- HE'S NAUGHTY.
- HE WANTS ATTENTION.
- HE'S JUST DOING IT ON PURPOSE.

WHAT IS REALLY HAPPENING:

MY BODY AND BRAIN ARE TRYING TO HANDLE SOMETHING BIG, FAST, OR OVERWHELMING. MY MOUTH IS LOOKING FOR HELP.

YOU ARE NOT IN TROUBLE. YOUR BODY IS ASKING FOR HELP.

★ ★ THERE IS A REASON. THERE IS A WAY. AND YOU ARE NOT ALONE. ♥

WHAT CAN HELP?



CHEWY TOOLS



SENSORY TOOLS



CALMING BREAKS



TALKING ABOUT MY FEELINGS

I'M LEARNING WHAT WORKS BEST FOR ME!

I CHEW PENCIL TOPS, MY SLEEVES, OR BITE MY NAILS... BUT I DON'T ALWAYS KNOW WHY.

LET'S FIGURE IT OUT TOGETHER.

WHY GROWN-UPS WORRY

GROWN-UPS DON'T WORRY TO BE MEAN. THEY WORRY BECAUSE THEY CARE!

HERE'S WHY THEY WANT TO HELP.

SOMETIMES WHEN WE CHEW THINGS OR BITE OUR NAILS A LOT...

...IT CAN HURT OUR BODIES IN SMALL WAYS.

LET'S LOOK AT WHAT CAN HAPPEN—SO WE CAN TAKE CARE OF YOU! ❤️

SORE FINGERS

Biting nails can make fingers sore, red, or even bleed.

BROKEN NAILS

Nails can break, crack, or grow in uneven.

GERMS GO IN

Nails and chewed things can carry germs into your mouth.

DAMAGED STUFF

Chewing can break clothes, pencils, toys and other things you love.

SORE JAW

Chewing hard things or clenching can make your jaw tired and sore.

CHIPPED TEETH

Biting hard stuff can chip or crack your teeth.

TEETH MOVE THE WRONG WAY

Pushing with your tongue or chewing a lot of hard things can move teeth out of place.

BRACES LATER?

Lots of nail biting or chewing hard things can change how your teeth grow. That might mean braces later. Braces help, but avoiding the problem is even better!

YOU'RE NOT BAD. YOUR BODY IS JUST TELLING YOU IT NEEDS KINDER HELP. ❤️

I'M HERE TO HELP YOU FIND SAFER WAYS.

WE CAN TAKE CARE OF YOUR MOUTH, YOUR BODY, AND YOUR HEART.

SMALL CHOICES TODAY CAN KEEP BIG PROBLEMS AWAY TOMORROW!

GROWN-UPS WORRY BECAUSE THEY LOVE YOU. YOU MATTER, YOUR HEALTH MATTERS, AND YOU CAN GROW STRONG!

WHAT HELPS ME CHEW SAFELY?

SAFE CHOICES CAN HELP MY MOUTH FEEL CALMER.

LET'S FIND WHAT WORKS BEST FOR ME.

8DHD

WOOF! GOOD PLAN!

THERE ARE LOTS OF WAYS TO HELP YOUR MOUTH FEEL BETTER—WITHOUT CHEWING ON THINGS THAT ARE NOT SAFE.

SAFE CHEW TOY OR CHEWELRY



CHEW TOYS OR CHEWELRY ARE MADE TO CHEW. THEY HELP MY MOUTH FEEL GOOD IN A SAFE WAY.

CRUNCHY SNACKS



CRUNCHY FOODS LIKE CARROTS, APPLES, OR CELERY CAN FEEL GOOD TO CHEW AND ARE GOOD FOR ME!

COLD WATER OR STRAW



DRINKING COLD WATER OR SIPPING THROUGH A STRAW CAN HELP CALM MY MOUTH AND MY WHOLE BODY.

FIDGET FOR BUSY HANDS



FIDGETS KEEP MY HANDS BUSY SO MY MOUTH CAN TAKE A BREAK.

KEEP NAILS NEAT



SHORT, SMOOTH NAILS ARE HARDER TO CHEW AND FEEL BETTER, TOO!

HAND CREAM OR BITTER SOLUTION



HAND CREAM KEEPS HANDS SOFT AND CAN MAKE CHEWING LESS COMFY. BITTER SOLUTION CAN HELP—IF I CHOOSE TO USE IT.

ONLY WITH GROWN-UP OKAY!

SENSORY BREAKS



A QUIET SPACE, DEEP BREATHS, STRETCHING, OR LISTENING TO MUSIC CAN HELP MY BODY RESET.

ASK FOR HELP WHEN FEELINGS GET BIG



TALKING TO SOMEONE I TRUST CAN HELP ME FEEL HEARD AND SUPPORTED.

MY BODY NEEDS HELP, NOT TROUBLE



I CAN MAKE KIND, HELPFUL CHOICES TO KEEP MYSELF SAFE AND STRONG.

THERE'S NO ONE RIGHT ANSWER. WE EXPLORE TOGETHER AND FIND WHAT HELPS MOST!

SO MANY GOOD IDEAS!

LET'S TRY A FEW AND SEE WHAT MAKES YOU FEEL YOUR BEST.

I CHOOSE WHAT HELPS ME FEEL CALM AND SAFE!

★ I HAVE TOOLS. I HAVE CHOICES. I HAVE SUPPORT. ★ I CAN HANDLE BIG FEELINGS!

8DHD

SMALL STEPS COUNT!

BIG FEELINGS ARE REAL.
SAFE SMALL STEPS ARE POWERFUL.

YOU'RE LEARNING. YOU'RE GROWING.
AND WE'RE PROUD OF YOU.

THIS CHEW
HELPS ME
FOCUS AND
FEEL CALMER.

YOU'RE
DOING
AMAZING,
BUDDY.

LOOK AT ALL THE SMALL WINS!

I ASK FOR HELP.

I FEEL
OVERWHELMED.
CAN YOU HELP
ME?

ASKING IS BRAVE.
YOU DON'T HAVE TO
DO IT ALONE.

I USE MY CHEW AID.

MY CHEW AID HELPS ME
STAY CALM AND IN CONTROL.

I PAUSE BEFORE I BITE.

STOP.
I CAN
MAKE A
DIFFERENT
CHOICE

I NOTICE, I PAUSE,
I CHOOSE SOMETHING
BETTER.

I TAKE A SENSORY BREAK.

A SHORT BREAK CAN
HELP ME RESET AND
FEEL OKAY AGAIN.

YOUR FEELING CREW IS
SO PROUD OF YOU!

EVERY SMALL STEP
YOU TAKE MAKES
A BIG DIFFERENCE.
YOU'VE GOT THIS!

YOU ARE NOT NAUGHTY.
YOU ARE
TRYING TO COPE.

BIG FEELINGS
ARE REAL.
SAFE SMALL
STEPS ARE
POWERFUL.

★ YOU MATTER. YOU'RE DOING GREAT. KEEP GOING. ★

SMILE, YOU'VE GOT THIS!

BIG FEELINGS. BRIGHTER SMILES.

Brushing teeth can feel big sometimes. This comic helps children understand their feelings, build confidence and take small steps towards healthy habits.

**BECAUSE WHEN WE
UNDERSTAND OUR FEELINGS,
WE CAN TAKE CARE OF
OUR SMILES.**

YOU'RE
DOING AMAZING,
BUDDY!

THE FEELING CREW



LUMPCLOUD

FEELS HEAVY AND
TIRED. EVERYTHING
TAKES MORE ENERGY.



PANIKIT

SEES PROBLEMS
EVERYWHERE. WHAT IF
SOMETHING GOES WRONG?



FIZZLET

JUMPS FROM THOUGHT
TO THOUGHT. CAN'T
STAY STILL FOR LONG.



REPLAYMOTH

KEEPS REPLAYING
MEMORIES—EVEN THE
ONES THAT ARE DONE.

INSIDE THIS BOOKLET...



BRUSHING TEETH

Make brushing part
of your routine.



VISITING THE DENTIST

What to expect and
how to feel ready.



FIZZY DRINKS & SWEETS

Why too much can
hurt your teeth.



CHEWING & NAIL BITING

Understand the habit
and kinder ways to cope.



FLOSSING

Small step,
big protection.



**BIG FEELINGS ARE REAL. ♥
SMALL STEPS ARE POWERFUL.**

You are not alone.
It's okay to feel big. We're here together.
One **brush**, one **visit**, one **day** at a time.

More neurodivergent-friendly resources at 8DHD.uk ♥