

### Monkey's guide to healthy teeth

This book is written by Helen Sadler and is available from <https://www.monkeywellbeing.com/shop/monkeys-guide-to-healthy-teeth/> at a cost of £3.95 or as part of a multi-buy saver purchase.



This book comes with an activity guide, a Monkey puppet and an online resource. The 'Monkey's Guide' evolved due to the author, Helen Sadler, having an 18-month-old daughter who faced major surgery. As a family, they

felt extremely anxious and so they made a homemade storybook – the theme of 'Monkey's Guide' was born. There are many other titles in the guide for various procedures or hospital visits.

I would say the book is more of a magazine, entitled *Monkey's Family Visits the Dentist* with 18 colourful pages showing real life photographs on every page. It is a very realistic journey with Monkey and his sister Josephine and Dad (who are not monkeys) who travel to a dental practice for a check-up with a dentist. A variety of

photographs capture the various stages involved in an appointment with the dentist. The combination of products given with this pack, including colouring pencils and stickers, make learning fun and interactive, alleviating any fears. The online resource is particularly helpful if any further information is needed.

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This dental aid looks like it is targeted at young children around the age of 5-7, although a specific age range is not given. Families can read this or complete the activity guide together, which has lots of hidden dental facts throughout, along with stickers and a 'Terrific Teeth Cleaning Chart'. The real-life photographs of decayed teeth and the diet advice are particularly good. The Monkey puppet that comes with the pack would, I imagine, provoke fun in what could be a potentially daunting procedure

for a child. The Monkey puppet could also be transported with the child to any hospital or dental visit and if there is a range of books in this series, the monkey could be interchanged among them.

As with any book, there are potential negatives. The photographs including the dentist show his dental mask to be untied. This would not meet infection control standards that are emphasised to the dental profession. As far as the child lying on the dental chair, the position shown could be seen as incorrect; paediatric standards ensure the child's hands are kept around the area of the stomach or by a child's side to ensure safety to the dentist and child.

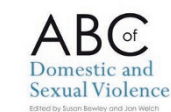
However, the overall impression for this interactive guide has been very well thought out, combining interaction and education. The variety of apparatus aids the child in having fun and associating a visit to the dentist in a non-threatening manner. I would recommend this to families with young children or multiple children who visit the dentist.

**Christine Lyttle BDS (pictured)**



### ABC of domestic and sexual violence

This book is edited by Susan Bewley and Jan Welch and published by Wiley Blackwell. It costs £21.99 (ISBN 9781118482186).



The first edition of *ABC of domestic and sexual violence* complements the existing series of *ABC books*. Both the editors are passionate about this subject and, with this book, aim to improve health services to support families suffering domestic and

sexual violence.

This book is targeted at all teams providing healthcare, and aims to increase knowledge and confidence to enable the team to identify, question and act appropriately within this realm. It highlights when, where and how to achieve this most effectively within conventional healthcare settings.

The 26 chapters are conveniently titled and penned by various authors. The authors provide a valuable picture of each topic and go on to identify noteworthy points and give very practical ideas of how to cope when faced with a domestic and sexual violence issue. Case examples are described in many chapters, including 'The Dental Team'. These case scenarios provide real insight into what 'survivors' (classically termed 'victims') may be thinking and feeling. Signposts to online resources and descriptions of available services that patients may be referred to are included. To understand the evidence base of each topic, further reading is recommended. A 'Risk Identification Checklist' provided as an appendix gives front line practitioners the basic tools to identify high risk cases.

However, 'The Dental Team' chapter is rather disappointing as it provides no additional information beyond what is learnt and understood by a recent graduate. Alone, this chapter is poor as a clinical tool, but it identifies further chapters and this is

where the real information can be found.

The book goes on to consider documentation and how clinicians may be involved in court proceedings. The points made and lessons learnt listed here can clearly be applied to many situations dental teams commonly find themselves in.

The book very effectively challenges traditions and viewpoints, including female genital mutilation, as well as questioning male circumcision. It also does not forget the less obvious groups involved in domestic and sexual violence: males, children, the vulnerable or elderly and the perpetrators themselves.

Despite the distressing subject, the book is thoughtful and non-apologetic throughout and allows the reader to see the true value in its pages and not be put off by taboos. Overall, the book achieves its aim of empowering healthcare workers to ask searching questions at appropriate points, whilst providing clear structured guidance and excellent signposts.

**C. Molyneaux**