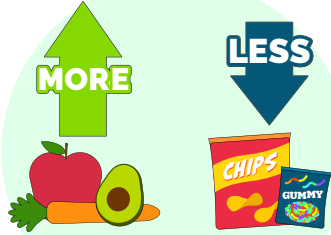


# Oral Health Self Management Goals for Parents/Caregivers

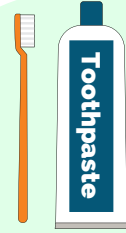
Patient Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_



Regular dental care for child and family



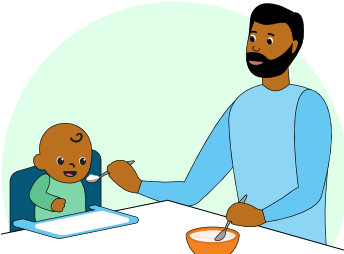
Eat more fruits and vegetables, less sugar and snacks



Brush with fluoride toothpaste



Drink plain milk and fluoridated water



Keep germs to yourself



Avoid putting baby to bed with a bottle



Wean baby off of bottle



Only water in a sippy cup



Drink more water, less juice and soda

**Important: The last thing that touches your child's teeth before bedtime is the toothbrush.**

Self Management Goals: 1. \_\_\_\_\_  
2. \_\_\_\_\_

On a scale of 1-10, how confident are you that you can accomplish these goals? 1 2 3 4 5 6 7 8 9 10

Parent/Caregiver Signature: \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_

Adapted from Cavity Free at Three (<http://cavityfreeatthree.org>)