Oral Health Self-Management

What will YOU do?

Care for Teeth

- Brush twice a day.
- Use fluoride toothpaste.
- Floss once the teeth touch.

Eat and Drink Healthy

- Wean off bottle. Only plain water in sippy cups.
- Give tap water or milk. Avoid sugary drinks, including juice.
- Serve healthy foods like fruits and vegetables. Avoid sweets.

Go to the Dentist

- Take your child to the dentist twice a year.
- Take the whole family to the dentist.
- Ask your child’s dentist about fluoride.

Pick up to three goals:

1. 
2. 
3. 

Date: 
Next Appointment: 
Parent/Caregiver Signature: 
Practitioner Signature: 