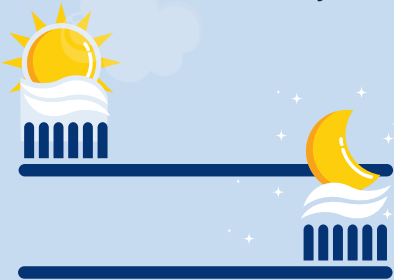


Oral Health Self-Management

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: _____