

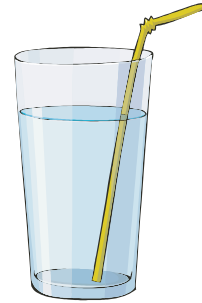
Let's Set Goals

Select the oral health goals you would like to accomplish. Goals should be set based on your child's oral health needs or your needs if you are pregnant.

Brush twice a day with fluoride toothpaste.



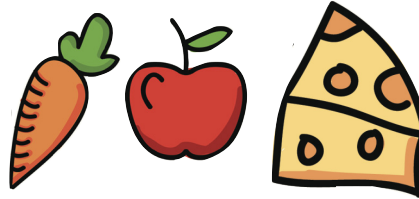
Drink only water between meals.



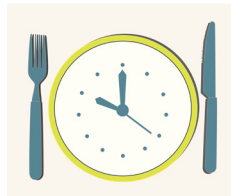
If baby goes to sleep with a bottle, fill it only with water.



Eat tooth healthy foods for snacks and meals.



Eat during meals and snacks only rather than "grazing" during the day.



Find a dentist.



Make a dental appointment.



Follow-up with treatment appointments.



The client may choose to set another goal that is not listed.

Other: _____

