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 **Drink only** fluoride toothpaste. water between meals. **Eat tooth healthy foods** If baby goes for snacks and meals. to sleep with a bottle, fill it only with water. Eat during meals and Find a snacks only dentist. rather than "grazing" during the day. Make a dental appointment. Follow-up with treatment Filling appointments. The client may choose to set another goal that is not listed. Other:

