Self-Management Goals for Parent/Caregiver

1. Regular dental visits for child
2. Family receives dental treatment
3. Healthy snacks
4. Brush with fluoride toothpaste at least 2 times daily
5. No soda
6. Less or no juice
7. Wean off bottle (no bottles for sleeping)
8. Only water or milk in sippy cups
9. Drink tap water
10. Less or no junk food and candy
11. Use xylitol spray, gel or dissolving tablets

Self-management goals

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

Signature ___________________________ Date __________

Practitioner signature ___________________________ Date __________