Oral health self-management goals for parents/caregivers

1. Regular dental visits for the child
2. Dental treatment for the whole family
3. Brush twice a day
4. Brush with fluoride toothpaste
5. Wean off the bottle (no bottles for sleeping)
6. Try to avoid a dummy
7. Breastfeeding to 12 months (if bottle feeding only place water, breast milk or formula in the bottle)
8. Less or no juice
9. Only water in sippy cups
10. Drink fluoridated tap water
11. Healthy diet, including snacks
12. Less or no junk food and lollies
13. No sugary drinks
14. Use xylitol spray, gel and other products
15. Wean off the bottle (no bottles for sleeping)

Self-management goals: 1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

On a scale of one to 10 (one being not confident and 10 being extremely confident) how confident are you that you can accomplish these goals? 1 2 3 4 5 6 7 8 9 10

Parent/caregiver signature: ___________________________ Nurse signature: ___________________________

Metro North and Metro South Oral Health Services welcome all children 0 to 17 years of age referred by CYCHS - Child Health Service. For more information contact Oral Health Services.

Phone: 1300 300 850


A joint initiative between Metro North and Metro South Hospital and Health Services and Children’s Health Queensland.