



Key Oral Health Messages

Pregnancy	Birth - Two Years	Three - Five Years
<p>Make an appointment to have your teeth cleaned and checked and get any needed dental treatment completed.</p> <p>Ask your dentist what you can do to lower the bacteria that cause cavities in your own mouth.</p> <p>Brush twice daily with fluoride toothpaste.</p> <p>Eat a healthy diet and limit sweets and other refined carbohydrates.</p>	<p>Brush baby's teeth twice daily with a smear of fluoride toothpaste beginning when the first tooth comes in.</p> <p>Make sure your baby receives 4 fluoride varnish treatments between the ages of 9-24 months.</p> <p>Never put baby in bed with a bottle and wean from the bottle around 12 months of age.</p> <p>Lift the lip and look for chalky white or brown spots. If you see any signs of cavities, go to the dental clinic.</p> <p>Limit the amount and frequency of sweet drinks and food like chips, crackers, and sticky candies like fruit roll-ups.</p>	<p>Brush your child's teeth twice daily with a pea-size amount of fluoride toothpaste.</p> <p>Make sure your child receives 3-4 fluoride varnish treatments a year.</p> <p>Limit the amount and frequency of sweet drinks and food like chips, crackers, and sticky candies like fruit roll-ups.</p>

About Health Education...

Education alone is not a best practice. Effective health education includes motivational interviewing, demonstrations, goal setting, and reinforcement.



Setting Goals

Child's Name _____



Healthy Snacks



Less candy and junk food



No soda pop



Brush twice daily
with fluoride toothpaste



Drink tap water



Regular dental visits
for child



No bottle in bed



Wean off bottle



Fluoride Varnish
3-4 times/year

On a scale of 1-10, how confident are you that you can accomplish this goal?

1 2 3 4 5 6 7 8 9 10

Not likely

Definitely

Date _____

Signature _____

Comments _____

Staff initials _____

Review Date _____