

## Oral self-care goals

**Name:**

**Current oral health:**

**Main challenges in oral self-care:**

**Goals to improve oral self-care:**

Select 1–2 goals to improve oral self-care:

- Increase adult assistance with the child's toothbrushing
- Brush teeth more thoroughly
- Start using an electric toothbrush
- Start using fluoride toothpaste
- Switch to a toothpaste with more fluoride
- Use extra fluoride following a professional's instructions (as a course of treatment)
- Clean between teeth (dental floss, brush pick, interdental brush)  
\_\_\_\_\_ times a week
- Start using plaque disclosing tablets
- Reduce meal frequency and avoid snacking (target: no more than 5–6 eating occasions per day)
- Reduce sugary foods
- Choose water to quench your thirst and reduce sweet drinks
- Use xylitol products
- Reduce or quit the use of tobacco products

**Plan to achieve the goals:**