### Creating Family Oral Health

**Patient Name:** ______________________________________  **Date:** ___________

<table>
<thead>
<tr>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Schedule Regular Dental Visits" /></td>
<td><img src="image2" alt="Brush twice a day" /></td>
<td><img src="image3" alt="Use fluoride toothpaste" /></td>
<td><img src="image4" alt="Drink water" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>#6</th>
<th>#7</th>
<th>#8</th>
<th>#9</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5" alt="Drink water between meals" /></td>
<td><img src="image6" alt="Choose healthy snacks" /></td>
<td><img src="image7" alt="Avoid sharing saliva (spit)" /></td>
<td><img src="image8" alt="choose gum or candy with xylitol as the first ingredient" /></td>
</tr>
</tbody>
</table>

### Babies and Young Children

<table>
<thead>
<tr>
<th>#11</th>
<th>#12</th>
<th>#13</th>
<th>#14</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image9" alt="Wipe baby’s mouth and gums twice a day" /></td>
<td><img src="image10" alt="Stop bottle use by age 1" /></td>
<td><img src="image11" alt="Use a rice-sized amount of fluoride toothpaste" /></td>
<td><img src="image12" alt="Juice for children only with meals" /></td>
</tr>
</tbody>
</table>

### Older Children and Adults

<table>
<thead>
<tr>
<th>#16</th>
<th>#17</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image13" alt="Brush and floss at least twice a day" /></td>
<td><img src="image14" alt="Use fluoride rinse after brushing" /></td>
</tr>
</tbody>
</table>

**Which Could You and Your Family Do?**

1.) ______________________________________________________

2.) ______________________________________________________

**On A Scale of 1-10, how confident are you that you can accomplish these goals? (Circle One)**

(1= not confident at all; 10= very confident) 1 2 3 4 5 6 7 8 9 10

**Patient Signature:** ______________________  **Practitioner Signature:** ______________________

---

Adapted from the Oral Health Self-Management Goals developed by the American Academy of Health and Human Services (HHS) under grant number #UD7HP25045-02-00. This information or content and conclusions are those of the authors and should not be construed as the official position or policy of, nor should any endorsement be inferred by HRSA, HHS or the U.S. Government. All rights reserved. Please contact ccoq@salud.unm.edu for information regarding the use of this tool.
Frequently Asked Questions
Care of Your Baby and Child’s Teeth

1. Aren’t cavities normal in children?
   - Children can grow up without cavities (holes in their teeth)
   - If you have cavities, get them repaired by the dentist
   - The germs that caused adult cavities can be passed to a child by sharing saliva (spit).

2. How can I keep my children from getting holes in their teeth?
   - Don’t share mouth germs in spit by sharing cups, utensils or cleaning bottle nipples and pacifiers with your mouth
   - Lift and lower your baby’s lips to check teeth for white spots on the teeth along the gums and get them to the dentist if you see problems.
   - For your baby who is 6 months or older, give water only in night time bottles

3. Do sweet foods like candy and soda pop cause cavities?
   - Yes, sugary foods and drinks, chips, bread and tortillas feed the germs that cause cavities
   - Give sweet foods, milk and juices with meals only
   - Offer meat, cheese, nuts or peanut butter, celery, vegetables or salad to eat and water to drink between meals
   - If breastfeeding, avoid starting a bottle. Begin using a cup or sippy cup at 6 months of age.
   - Stop all bottles by age 1

4. When do I start cleaning my baby’s teeth?
   - Start mouth care at birth by wiping gums with a soft cloth after feedings
   - From the first tooth, brush teeth with a rice grain size of fluoride toothpaste
   - Use water with fluoride or tap water
   - Make an appointment with the Dentist by age 1