

Establishing Self-Management Goals for Parents/Caregivers

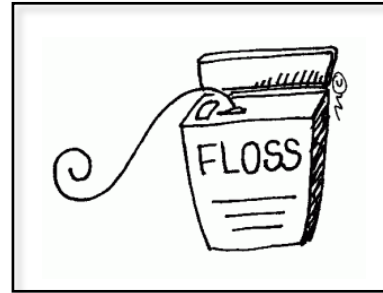
Estableciendo Metas de Auto-Manejo para Padres/Cuidadores de Niños(as)



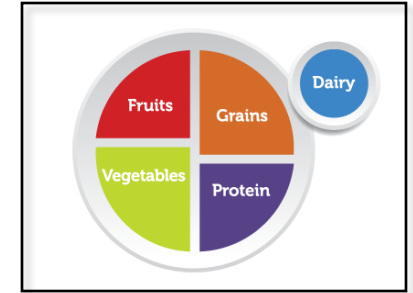
Family receives dental treatment
Familia recibe cuidado dental



Brush twice a day w/ fluoride toothpaste
Cepille dos veces al día con pasta de flúor



Floss once a day
Use el hilo dental diariamente



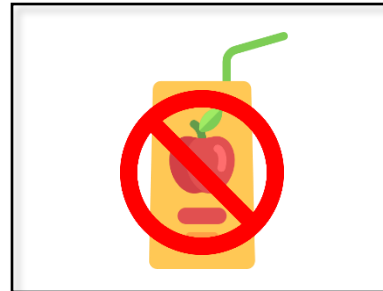
Healthy Snacks
Bocadillos saludables



Wean off bottle after 12 months
Quite biberon despues de 12 meses



Only water/milk in sippy cup
Solamente agua o leche en vaso



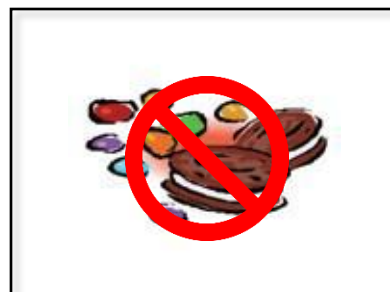
Less or no Juice
Menos o no jugo



No soda
No soda o refrescos



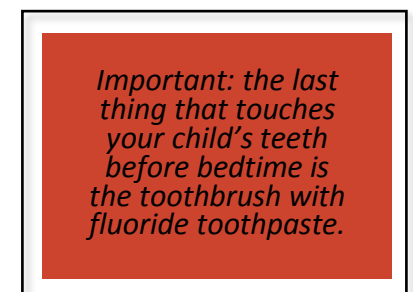
Drink tap water
Tome agua de la llave



Less or no junk food & candy
Menos o no dulces



Use xylitol wipes or spray
Utilize toallas o spray de xylitol



Important: the last thing that touches your child's teeth before bedtime is the toothbrush with fluoride toothpaste.