

# Self Management Goal Sheet for Infant Caregiver (English)

Regular dental care



Eat more fruits, vegetables, milk and cheese



Brush with fluoride toothpaste



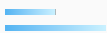
Drink tap water



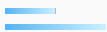
Keep germs to yourself



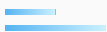
Don't put baby to bed with a bottle



Wean baby off of bottle



Only water in a sippy cup



Drink more water, less juice and soda

