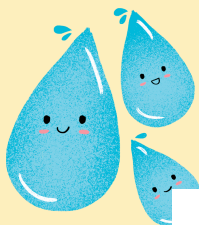


# Ready, Set, GOALS!

Brush teeth  
twice each day



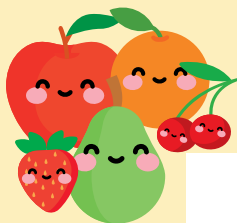
Bottle in crib?  
Only water!



Limit sugary  
or sticky snacks



More fruit,  
Less juice



Provide  
healthy snacks



Drink water  
with fluoride



Make an  
appointment  
with a dentist



Dental treatment  
for the family  
Caries is transmissible!



Use toothpaste  
with fluoride



Wyoming Family  
Practice

Let's Get On the Same Page!

# Caring For Your Child's Teeth

For Parents



For Kids



Toothbrush Song



Rate your confidence on these goals:

0

1

2

3

4



Signatures

Parent

Provider