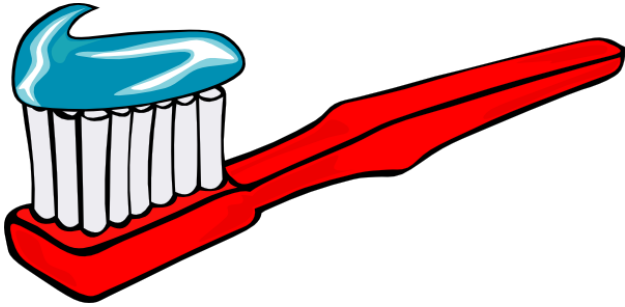


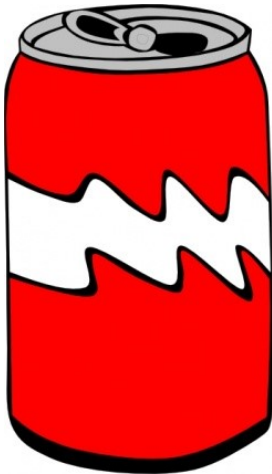
# Self-Management Goal



**Brush 2x per day with fluoride toothpaste**



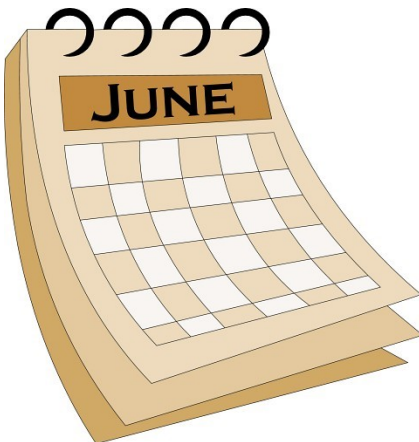
**Floss daily**



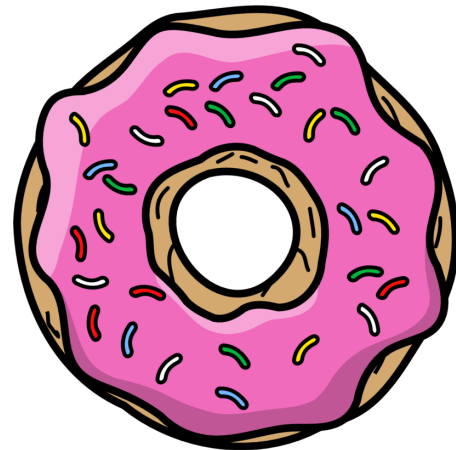
**Drink less soda**



**Drink less juice**



**Come in regularly for health visits**



**Eat less sugary snacks**

# Self-Management Goal



**Play outside more**



**Less screen time**



**Night time routine- Brush, book, bed**



**Serve more vegetables & fruits**



**More Family meals**



**Only water in bottle and  
cuddles at night**