

Community Oral Health Workers Self-Management Goals Checklist

Instructions: Based on the parents' responses to the CAMBRA, help them select two self-management goals.

1. Flossing

- *Explain:* Flossing helps remove food particles and plaque from between teeth that a toothbrush might miss. This is important for preventing cavities and gum disease, especially in areas that are harder to reach with just brushing.

2. Family receives dental treatment

- *Explain:* This goal focuses on making sure the whole family stays on top of regular dental check-ups and treatments. Consistent visits to the dentist can help catch problems early and maintain overall oral health for all family members.

3. Healthy snacks

- *Explain:* Choosing healthy snacks like fruits, vegetables, and nuts instead of sugary snacks helps reduce the risk of cavities. Sugary and sticky snacks can feed bacteria in the mouth, leading to tooth decay. Healthy snacks are not only better for teeth but also promote overall health.

4. Brush with fluoride toothpaste at least 2 times daily

- *Explain:* Brushing with fluoride toothpaste twice a day helps remove plaque and bacteria from teeth, while fluoride strengthens enamel to prevent cavities. It's a key part of any good oral hygiene routine, helping to keep teeth clean and protected.

5. No soda

- *Explain:* Soda, especially sugary soda, is bad for teeth because it can lead to cavities and tooth decay. The sugar in soda feeds bacteria in the mouth, and the acidity can erode enamel. Limiting or eliminating soda helps maintain healthier teeth and gums.

6. Less or no juice

- *Explain:* Juice can be as harmful to teeth as soda. The sugar in juice feeds bacteria, and its acidity can erode enamel. Reducing juice intake helps lower the risk of cavities, especially when it's replaced with healthier drink options like water.

7. Wean off bottle/breastfeeding (No bottles/breastfeeding for sleeping)

- *Explain:* Prolonged use of a bottle or breastfeeding, especially when done to fall asleep, can cause "baby bottle tooth decay." Milk or juice left in the mouth for long periods can lead to cavities. Weaning off the bottle and avoiding nursing at bedtime helps protect teeth from decay.

8. Only water or milk in sippy cups

- *Explain:* Limiting drinks in sippy cups to water or milk is important because sugary drinks can lead to tooth decay. Avoiding sugary drinks in sippy cups reduces the risk of cavities.

9. Drink tap water

- *Explain:* Drinking tap water that contains fluoride is a simple and effective way to protect teeth. Fluoride helps strengthen enamel and prevent cavities.

10. Less or no junk food and candy

- *Explain:* Junk food and candy are loaded with sugar, which can contribute to tooth decay. Reducing or eliminating sugary snacks and treats helps prevent cavities and promotes healthier teeth and gums.

11. Use xylitol wipes, spray, gel, or dissolving tablets

- *Explain:* Xylitol is a natural sweetener that has been shown to reduce cavity-causing bacteria in the mouth. Using products with xylitol, like wipes, sprays, gels, or dissolving tablets, can help protect teeth, especially for young children or people at a higher risk of tooth decay.

Ask parent: On a scale of 1-10, how confident are you that you can accomplish the goals?