Drink tap water (containing fluoride)

Clean in between teeth for gum health (floss, floss picks, Waterpik)

In-office preventive treatments (sealants, SDF, fluoride)

Agree on preventive plan according to values and preferences

Family stays connected to dental office via teledentistry every ___ months

Eat healthy snacks (nuts and cheese)

Brush with fluoride toothpaste at least 2 times daily (brush, spit, don’t rinse)

Use prescription toothpaste

Limit juice, soda and sports drinks to mealtime

Take vitamin D (or get outside in UV light!)

Chew xylitol gum

Other ideas?

Teledentisty Self-Management Goal Menu