

## Take Home Goals for Your Child

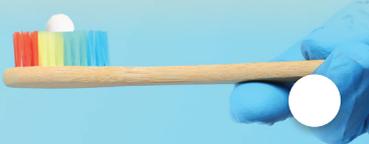
Your child's risk of tooth decay disease is:

High  Medium  Low

The boxes checked are the areas you agreed to focus on:

Use toothpaste 2 times a day

- Pea-size toothpaste on brush
- Spit, don't rinse



Use stannous/1,000 ppm fluoride toothpaste



At most one sweet/sticky snack a day



Flavoured milk, juice and soft drink for special occasions ONLY (max once a week)



Only water or unsweetened milk in bottle (if bottle to bed, water only)



Drink fluoridated tap water



Healthy snacks (nuts, cheese, hard-boiled egg, fruit, veggies and dip)



No sippy cup or only with water in it



## Steps to Smiles Program



**4**  
**BRING BACK**  
follow up on disease and work on goals

**3**  
**TRACK**  
your child's progress

**2**  
**ACT**  
to stop holes from getting worse

**1**  
**LEARN**  
about your child's oral health

## What is the Steps to Smiles Program?

A program to **stop, treat, reverse** and **prevent** tooth decay.

## Where do we start?

- Answer questions about your family's teeth, your child's tooth brushing and diet habits
- Discuss this with your oral health staff member
- Follow the Steps to Smiles Program to take control of dental disease



## 1 LEARN

Help your oral health staff member understand where your child is in the dental disease process - "High", "Medium" or "Low" risk. We will then pick goals together to improve this risk (see back of booklet).

## 2 ACT

**Your oral health staff member will explain the best ways that we can stop holes in teeth getting bigger. There are lots of different ways to manage dental disease such as:**

- Fluoride varnish and Silver Fluoride
- Dental sealants
- Fillings or Caps
- Extractions

## 3 TRACK

**We will track:**

- Your child's teeth and watch for early signs of dental disease
- You and your child's progress
- Improvements your child has made at each appointment

## 4 BRING BACK

**Follow up appointments will be made:**

- 1, 3 or 6 monthly depending on your child's dental disease risk level
- To support you and your family to achieve the goals we have set together
- To help your child take their first steps to a healthy smile for life