



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



Drink tap water (containing fluoride)



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



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



Other ideas?



# Teledentistry Self-Management Goal Menu