



# Lift the Lip

## Oral health self-management goals for parents/caregivers



Regular dental visits  
for the child



Dental treatment for the  
whole family



Brush twice a day



Brush with fluoride  
toothpaste



Wean off the bottle  
(no bottles for sleeping)



Try to avoid a dummy



Breastfeeding to 12 months  
(if bottle feeding only place water,  
breast milk or formula in the bottle)



Less or no juice



Only water in sippy cups



Drink fluoridated  
tap water



Healthy diet, including  
snacks



Less or no junk food  
and lollies



No sugary drinks



Use xylitol spray,  
gel and other products

**Important:** The last  
thing that touches  
your child's teeth  
before going to  
bed should be  
the toothbrush.



Self-management goals: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

On a scale of one to 10 (one being not confident and 10 being extremely confident) how confident are you that you can accomplish these goals?

1 2 3 4 5 6 7 8 9 10

Parent/caregiver signature: \_\_\_\_\_ Nurse signature: \_\_\_\_\_

Gold Coast Oral Health Services welcome all children 0 to 4 years of age referred by Community Child Health.  
For more information contact Oral Health Services.

**Phone: 1300 300 850**

[www.goldcoast.health.qld.gov.au/oral-health](http://www.goldcoast.health.qld.gov.au/oral-health)

A joint initiative between Gold Coast Hospital and Health Services and Children's Health Queensland. Original artwork courtesy of Metro North Hospital and Health Service.