



COMMUNITY HEALTH NETWORK

SILVER AVENUE
FAMILY HEALTH CENTER

PERINATAL ORAL HEALTH

ACTION PLAN/ SELF MANAGEMENT GOALS

NAME

DOB

MRN

PCP

Patient ID / Addressograph

SELECT TWO GOALS



Quit bad habits



Brush twice a day with
fluoride toothpaste



No soda



Rinse after morning sickness



Less/no candy & junk food



Floss nightly



Complete dental
treatment



Chew Xylitol Gum/mints



Use fluoride
rinse/gel regularly



Take Pre-Natal
Vitamins daily



Eat better



Drink tap water