



- a. Support patient to take next steps: provide person-centred support and tailored instruction
1. Help set SMART goals: Specific, Measurable, Achievable, Relevant, Timely
 2. Help identify barriers
 3. Discuss relapse prevention
 4. Provide reassurance
 5. Plan rewards
 6. Signpost or refer

Figure 3.1. How to support patients to change their oral health behaviours