

Healthy Smiles *from the* Start

Dental Care Tips
for Mom and Baby



Dental Tips for Mom

- Brush for two minutes, twice a day with fluoride toothpaste.
- Floss every day.
- Choose nutritious foods that are low in sugar, like raw fruits and veggies, yogurt and cheese.
- Visit your dentist. Routine dental visits are safe during pregnancy.
- Drink lots of water with fluoride.



What is pregnancy gingivitis?

- A type of gum disease that some pregnant women experience.
- Causes gums to be red, sore and bleed easily.
- Can lead to more serious gum disease if untreated.
- To prevent gum disease, brush around your gum line regularly. Your dentist may recommend a professional cleaning.



Dental Tips for Baby

- Put only water, formula, milk or breast milk in bottles – not sweet water, juice or soft drinks.
- Don't put your baby to bed with a bottle.
- Use clean pacifiers – don't lick them.
- Wipe your baby's gums with a clean, moist cloth after feeding.
- Brush baby teeth with a child-size toothbrush and a small amount of fluoride toothpaste.



For children
under 3



For children
age 3 to 6

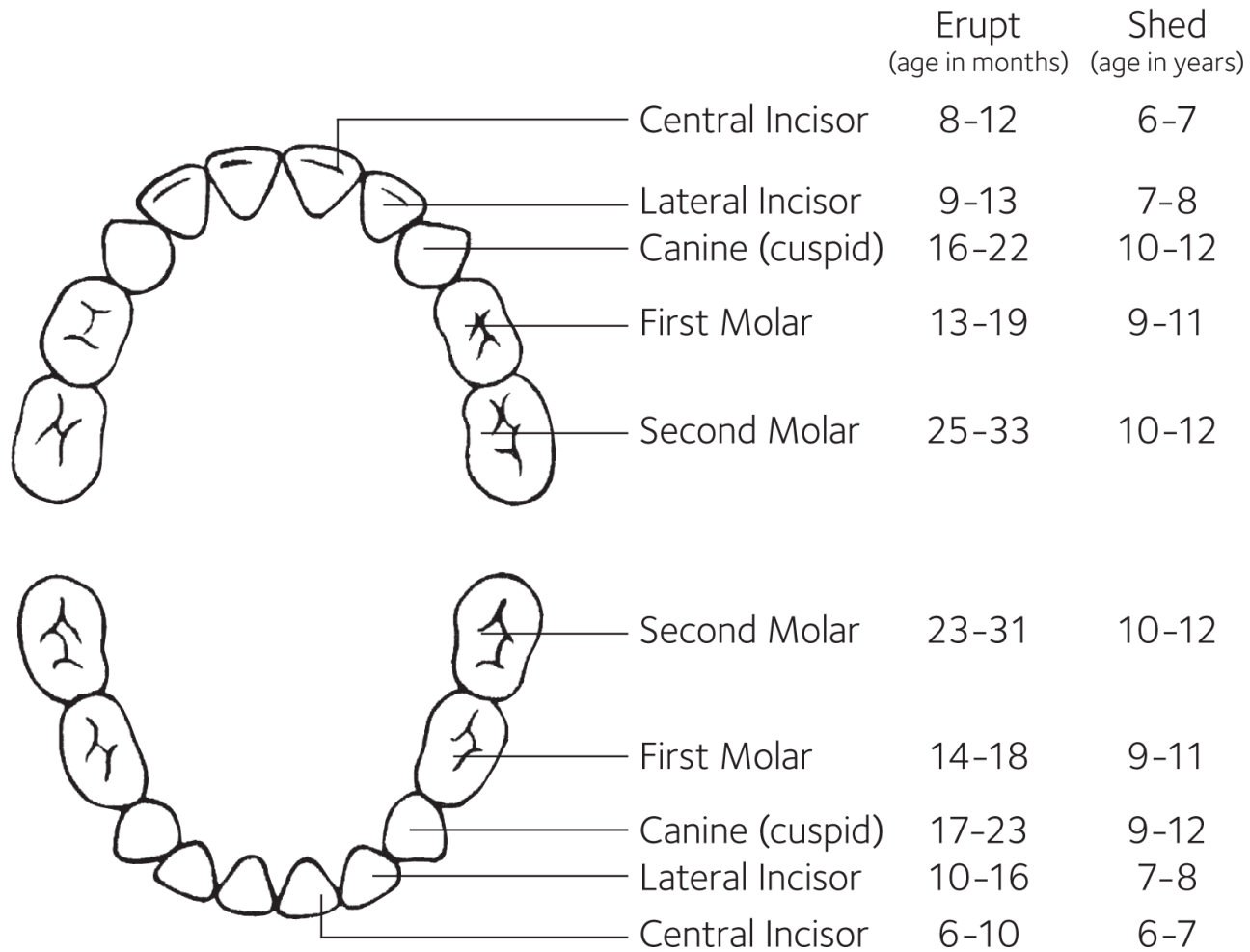


When will baby teeth appear?

- Babies are born with their 20 baby teeth already in the jaw.
- The front four teeth usually push through the gums (or erupt) at around four to six months old.
- Some children don't have their first tooth until 12 to 14 months.



Baby Teeth Eruption Chart



Brushing for Two Quiz

True or False?

I can't go to the dentist when I'm pregnant.

False!

Dental visits are safe, and important, during pregnancy. Just let the dental office know you're pregnant and what month you are in.



Brushing for Two Quiz

True or False?

Breast milk can cause cavities.

True

Any liquid with sugar that has contact with the teeth can cause tooth decay. That's why it's important to avoid putting your baby to bed with a bottle.



Brushing for Two Quiz

True or False?

It doesn't matter if baby teeth get cavities. They're just going to fall out.



False!

Baby teeth are important because they hold space in the mouth for adult teeth. If a baby tooth is lost too early because of decay, it can cause adult teeth to be crowded or crooked.



Brushing for Two Quiz

True or False?

I should take my child for their first dental visit at age 3.

False

The best time is within 6 months after their first tooth appears or by their first birthday. Don't wait for a dental emergency to get them used to visiting the dentist.

