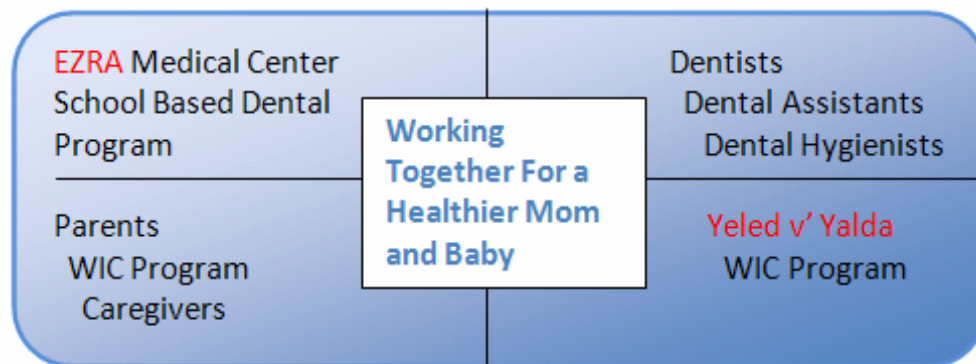


PREGNANCY AND ORAL HEALTH

Pregnancy is an important time to take care of your teeth and gums. Hormonal changes during pregnancy may cause your gums to be more sensitive to harmful plaque, increasing your chance of developing gum disease.

- **Gums are tender, swollen, or red**
- **Gums bleed when you brush or floss**
- **Can't get rid of bad breath**



PREVENTION IS THE KEY TO A HEALTHIER MOM AND BABY

- Visit Dentist For Regular Checkups
- Brush teeth at least 2x day to remove plaque
- Brush tongue daily to remove bacteria
- Eat nutritious meals and healthy snacks
- Floss teeth daily to remove food debris between teeth
- Choose fruit rather than fruit juice to meet the recommended daily fruit intakes
- Choose water or low-fat milk as a beverage
- Obtain necessary dental treatment before delivery



ORAL HEALTH CARE FOR BABIES AND CHILDREN

- Wipe infant's teeth after feeding with a soft cloth or soft bristled toothbrush
- Avoid sharing spoon when tasting baby food
- Avoid kissing baby on mouth
- Avoid putting baby to bed with a bottle containing anything other than water
- Beginning to wean children from bottle and sippy cup by nine to ten months of age
- Take baby to a dentist when first tooth erupts, between the age of 6 months and 1 year
- Supervise children's brushing and use a small (size of child's pinky nail) amount of toothpaste

TIPS FOR REDUCING TOOTH DECAY IN PREGNANT WOMEN EXPERIENCING FREQUENT NAUSEA AND VOMITING

- Eat small amounts of nutritious foods throughout the day
- Use a teaspoon of baking soda in a cup of water as a rinse after vomiting to neutralize acid
- Chew sugarless gum after eating
- Use gentle tooth brushing and fluoride toothpaste to prevent damage to demineralized tooth surfaces