KEEPING YOUR TEETH HEALTHY DURING PREGNANCY

KEEPING BABY'S TEETH HEALTHY

How can I help my baby have a healthy smile?

Good oral care starts before your baby gets their first teeth. You can help keep your baby from getting the germs that lead to cavities.

Breast is best. Breast-fed babies have healthier, straighter teeth.

If your baby drinks from a bottle, only put milk, formula or water in their bottle.

Never let your baby fall asleep with a bottle.

Schedule your baby's first dental visit before his or her first birthday.

Keep your teeth healthy too. If you have cavities, your child is more likely to have cavities. Cavity causing germs can spread from your mouth to your baby's mouth by sharing spoons or licking your child's pacifier.

cavity-free AT THREE

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COLORADO
Department of Public
Health & Environment

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TAKING CARE OF YOUR TEETH DURING PREGNANCY

Why are my teeth important during pregnancy?

Your baby's teeth begin to develop as early as the third month of pregnancy.

Eat a healthy, balanced diet to help your baby's first teeth.

Because of pregnancy hormones, you are more likely to have swollen and inflamed gums (gingivitis) which can lead to gum disease.

Research shows that pregnant women who have gum disease may be more likely to have a baby that is born too early and too small.

Is dental work safe during pregnancy?

Yes! Routine dental visits, X-rays and local anesthetics are safe during pregnancy.

Make an appointment to see your dentist early in pregnancy.

Don't be afraid to get dental care if you need it! Your oral health can affect the health of your baby.

How should I take care of my mouth while pregnant?

Brush your teeth twice a day with fluoride toothpaste.

Floss daily.

Drink tap water with fluoride.

Choose drinks and snacks low in sugar, especially between meals.

Rinse your mouth with a teaspoon of baking soda mixed with a cup of water after vomiting.