



## **Cavity Free at Three Prenatal Pamphlet (English)**

## Keeping Your Teeth Healthy During Pregnancy

Information on how to keep your teeth health during pregnancy



## 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 people 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.



## 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.



## 2016 Edition



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