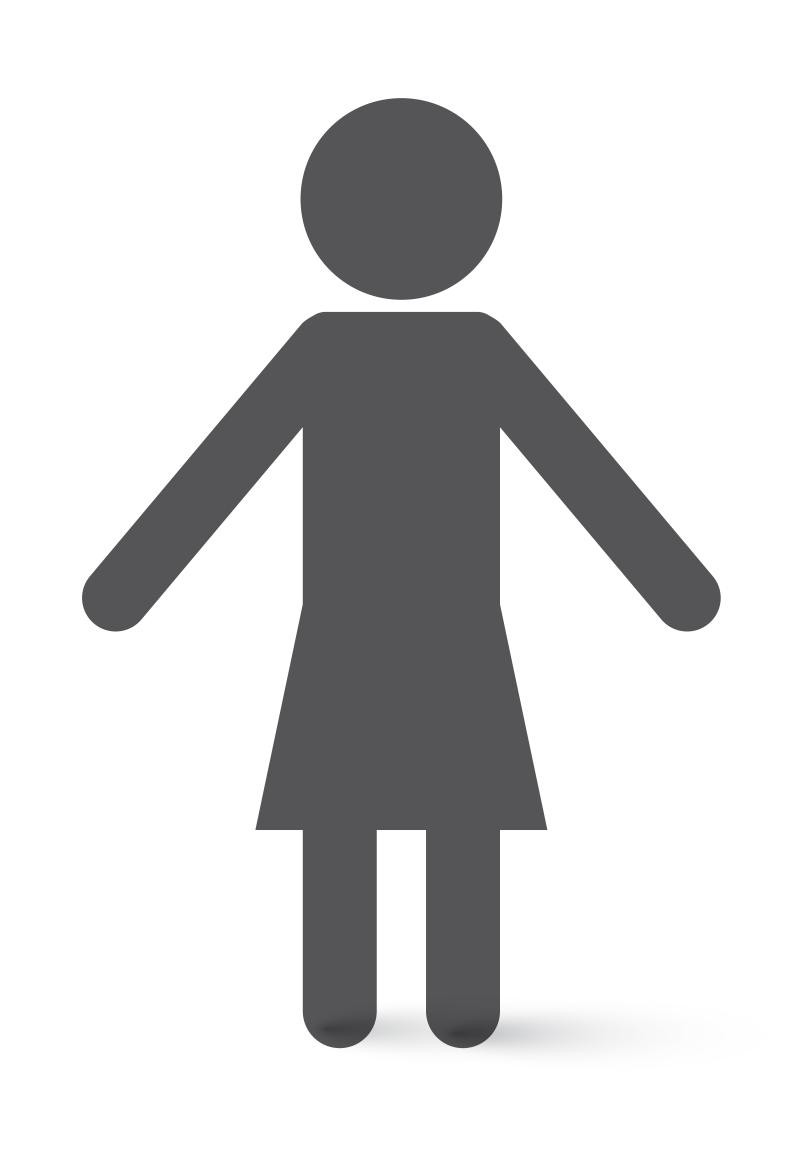
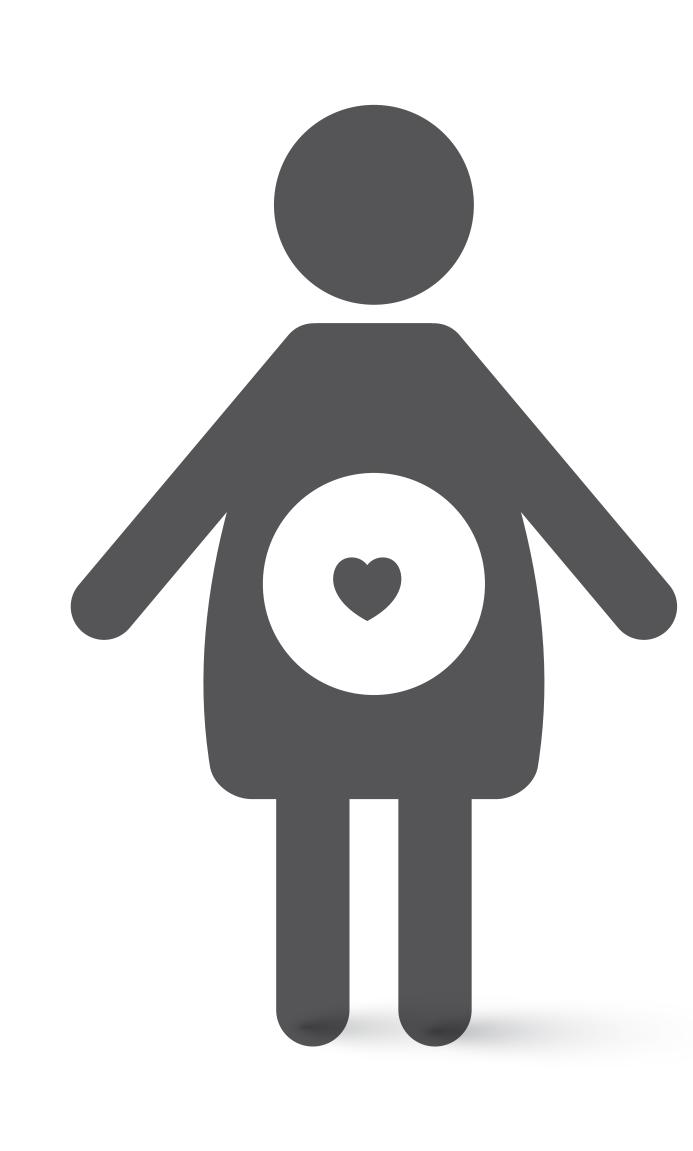
TIPS FOR KIDS AND MOMS-TO-BE TO KEEP THEIR TEETH AND GUMS HEALTHY



EARLY PREGNANCY

lt's important to see the dentist early in pregnancy.

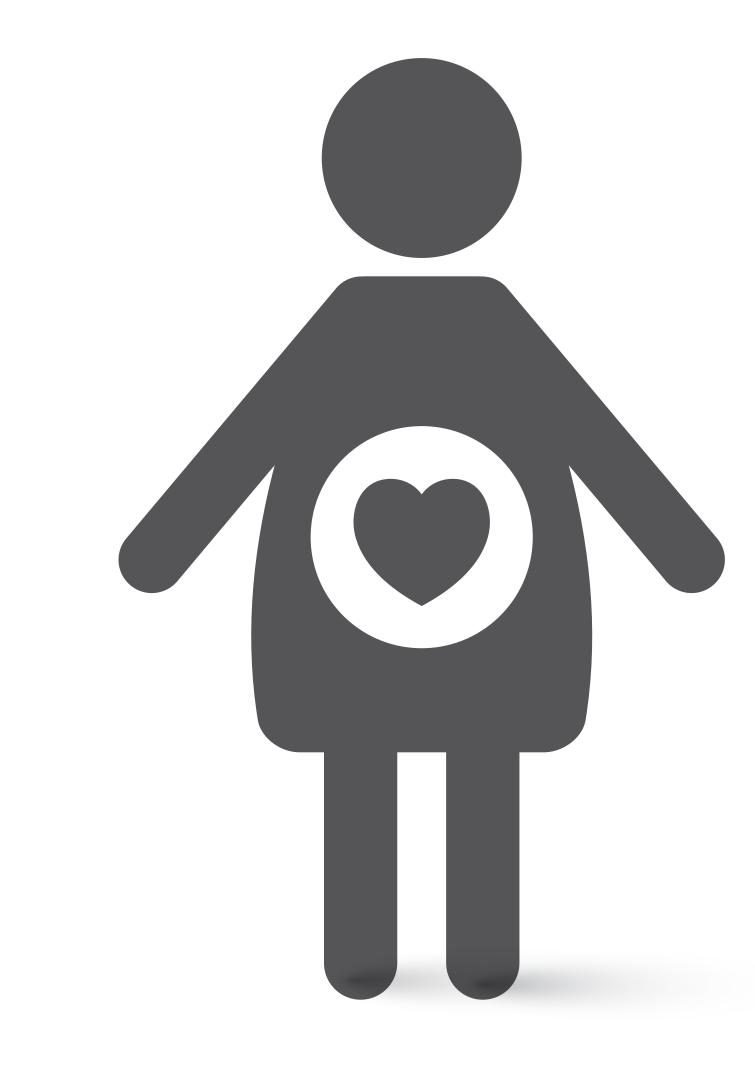
Dental treatment is safe and can be done during any trimester.



MID PREGNANCY

Gingivitis or inflammation of the gums is more common during pregnancy due to hormones.

Gingivitis can lead to gum disease if not treated, which is associated with having a baby too early and too small.



LATE PREGNANCY

Keep your mouth healthy by brushing with fluoride toothpaste twice a day and flossing once a day.

Cavity-causing germs can spread from your mouth to your baby's mouth.



6 MONTHS OLD

If your baby drinks from a bottle put only breast milk, formula or fluoridated tap water in the bottle.

Never let your baby fall asleep with a bottle.



1 YEAR OLD

Schedule your baby's first dental visit before his or her first birthday, and have their teeth looked at and fluoride varnish applied during well child visits.



Help your child brush their teeth.

They need help until they are 7-8 years old.



Dental sealants protect teeth from cavities.

Ask your dental provider for more information.

Oral health is important at every age.

DRINK TAP WATER IN BETWEEN MEALS.

CHOOSE DRINKS THAT
ARE LOW IN SUGAR.
JUICE AND SODA HAVE SUGAR.

KIDS WITH CAVITIES IN THEIR BABY TEETH ARE MORE LIKELY TO HAVE CAVITIES IN THEIR ADULT TEETH.

ORAL HEALTH IS IMPORTANT FOR OVERALL HEALTH.

DRINK TAP WATER WITH FLUORIDE.

HAVE REGULAR DENTAL VISITS.





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