

## Protecting the Teeth of Your New Baby

**Remember:** the bacteria that causes tooth decay for your child, usually comes from their caregiver. If you do not have healthy teeth and gums, your child will likely develop the same problems. Taking care of your health, and the health of your mouth, also takes care of your baby!

**Talk to your dentist or doctor if you have any questions or concerns about your teeth and gums.**



## Cavity-Free at Three

A statewide effort to prevent oral disease in young children sponsored by:



## You're Pregnant!

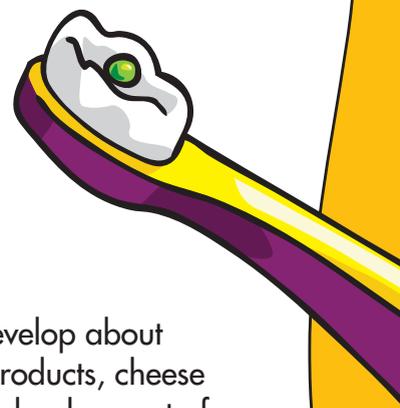
### Simple Steps for Protecting Your Teeth During Pregnancy



Taking good care of your teeth and gums while you are pregnant is very important. Pregnancy causes hormonal changes that increase your risk of developing gum disease. These changes can affect both your health and the health of your developing baby.

Here are some simple steps you can take to improve the health of your teeth and gums during pregnancy.

- ✓ **Brush your teeth** twice a day with fluoride toothpaste. (Colgate, Crest, Aquafresh, etc.)
- ✓ **Floss** your teeth daily.
- ✓ **Drink water** or low-fat milk and avoid soda, juice and sweet beverages during pregnancy.
- ✓ **Eat a healthy, balanced diet.** Your baby's first teeth begin to develop about three months into your pregnancy. Healthy diets containing dairy products, cheese and yogurt are a good source of essential minerals that help in the development of your baby's teeth, gums, and bones.
- ✓ **Avoid sugary snacks.** Sweet cravings are common during pregnancy. Keep in mind that the more frequently you snack, the greater the chance of developing tooth decay.



- ✓ **Make an appointment to see your dentist.** Don't skip your dental checkup appointment simply because you are pregnant. Now, more than any other time, an exam of your teeth and gums is needed. Pregnancy causes hormonal changes that put you at an increased risk of gum disease. Pay attention to your gums. If they are tender, swollen or bleed easily, you need to see your dentist as soon as possible. Gum disease can affect both your teeth and your baby's health.

### Coping with Morning Sickness

Repeated vomiting can damage your teeth. To protect your teeth, follow these steps.

- ✓ **Eat small amounts** of healthy, non-sugary foods throughout the day.
- ✓ **Mix a teaspoon of baking soda** in a cup of water to use as a mouth rinse after vomiting. This will help **neutralize the acid** in your mouth. Then, brush your teeth.
- ✓ **Chew sugarless or xylitol-containing gum** after eating.
- ✓ **Maintain good oral hygiene.** Brush your teeth at least two times a day with fluoride toothpaste.

