



HEALTHY LITTLE SMILES START HERE

During pregnancy, hormonal changes may make your mouth susceptible to harmful bacteria. Here are some fundamentals to remember during pregnancy to protect your oral health.

Oral Health During Pregnancy:

- When you are pregnant, what you eat is important. Eating right will help you and your growing baby stay healthy.
- Schedule a complete dental checkup before you become pregnant or early in your pregnancy.
- Experts suggest pregnant women defer elective dental care during the first eight weeks of pregnancy and during late pregnancy.

Help Little Smiles Last A Lifetime

Growing up can be tough on teeth, but regular visits to the dentist for checkups and cleanings help children develop great smiles.

Are You Protecting Your Child's Smile?

- Tooth decay is the single most common chronic infectious disease affecting U.S. children.
- Clean your baby's teeth with a clean, soft cloth or a baby's toothbrush.
- At about age six months when the first baby tooth erupts, start brushing your child's teeth with a child size brush and a tiny drop (about the size of a grain of rice) of fluoride toothpaste.
- At about age two, increase to a small pea-size amount of fluoride toothpaste, but until about age six, put the toothpaste on the toothbrush for your child.
- Supervise and help your child brush until age six or until they demonstrate they can do a good job on their own—try brushing their teeth first and then letting them finish.
- Give them a healthy start. Bring your baby to the dentist by age one.