



## 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.