

Oral Health



During Pregnancy

Dental visits during pregnancy are safe and recommended!

- Mother's oral health affects baby. Hormonal changes can cause swollen and bleeding gums and changes in eating habits.
- Mother with poor oral health increases cavity risk for babies.

Oral Care During Pregnancy

- Continue regular oral hygiene, brush twice and floss once daily.
- Eat nutritious foods.
- Continue regular dental checkups.

Mothers can transmit bacteria by:

- Sharing feeding utensils.
- Testing food temperatures in mouth.
- Sharing toothbrushes.
- Pre-chewing food for child.

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Baby's First



Dental Visit

By First Birthday:

- Infants are not born with decay-causing bacteria, it comes from mother/caregiver.
- Begin oral hygiene as an infant.
- After the first tooth appears, wipe teeth after feeding with soft bristle toothbrush or cloth.
- Use a tiny rice size of fluoride toothpaste.
- Practice good feeding habits.
- Avoid putting baby to bed with bottle or cup filled with anything but water.

Schedule dental visit by the first birthday!

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