

# Baby's First



# Dental Visit

## **By Your Baby's First Birthday:**

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

**Schedule a dental visit by your baby's first birthday!**

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# Oral Health



## During Pregnancy

### **Dental visits during pregnancy are safe and recommended!**

- A mother's oral health affects her baby. Hormonal changes can cause swollen and bleeding gums and changes in eating habits.
- Mothers with poor oral health increase the risk of cavities for babies.
- Infants acquire germs from the mother/caregiver during the first 2 years of their life.

### **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 their mouths.
- Sharing toothbrushes.
- Pre-chewing food for a child.

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