

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.

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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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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