

Tips for Good Oral Health During Pregnancy

Below are tips for taking care of your oral health while you are pregnant. Getting oral health care, practicing good oral hygiene, eating healthy foods, and practicing other healthy behaviors will help keep you and your baby healthy. Delaying necessary treatment for dental problems could result in significant risk to you and your baby (for example, a bad tooth infection in your mouth could spread throughout your body).

Get Oral Health Care

- Taking care of your mouth while you are pregnant is important for you and your baby. Changes to your body when you are pregnant can make your gums sore or puffy and can make them bleed. This problem is called *gingivitis* (inflammation of the gums). If gingivitis is not treated, it may lead to more serious periodontal (gum) disease. This disease can lead to tooth loss.
- Oral health care, including use of X-rays, pain medication, and local anesthesia, is safe throughout pregnancy.
- Get oral health treatment, as recommended by an oral health professional, before delivery.
- If your last dental visit took place more than 6 months ago or if you have any oral health problems or concerns, schedule a dental appointment as soon as possible.
- Tell the dental office that you are pregnant and your due date. This information will help the dental team provide the best care for you.

Practice Good Oral Hygiene

- Brush your teeth with fluoridated toothpaste twice a day. Replace your toothbrush every 3 or 4 months, or more often if the bristles are frayed. Do not share your toothbrush. Clean between teeth daily with floss or an interdental cleaner.
- Rinse every night with an over-the-counter fluoridated, alcohol-free mouthrinse.



- After eating, chew xylitol-containing gum or use other xylitol-containing products, such as mints, which can help reduce bacteria that can cause tooth decay.
- If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water to stop acid from attacking your teeth.

Eat Healthy Foods

- Eat a variety of healthy foods, such as fruits; vegetables; whole-grain products like cereals, bread, or crackers; and dairy products like milk, cheese, cottage cheese, or unsweetened yogurt. Meats, fish, chicken, eggs, beans, and nuts are also good choices.
- Eat fewer foods high in sugar like candy, cookies, cake, and dried fruit, and drink fewer beverages high in sugar like juice, fruit-flavored drinks, or pop (soda).
- For snacks, choose foods low in sugar, such as fruits, vegetables, cheese, and unsweetened yogurt.
- To help choose foods low in sugar, read food labels.
- If you have problems with nausea, try eating small amounts of healthy foods throughout the day.
- Drink water or milk instead of juice, fruit-flavored drinks, or pop (soda).

- Drink water throughout the day, especially between meals and snacks. Drink fluoridated water (via a community fluoridated water source) or, if you prefer bottled water, drink water that contains fluoride.
- To reduce the risk of birth defects, get 600 micrograms of folic acid each day throughout your pregnancy. Take a dietary supplement of folic acid and eat foods high in folate and foods fortified with folic acid. Examples of these foods include
 - Asparagus, broccoli, and green leafy vegetables, such as lettuce and spinach
 - Legumes (beans, peas, lentils)
 - Papaya, oranges, strawberries, cantaloupe, and bananas
 - Grain products fortified with folic acid (breads, cereals, cornmeal, flour, pasta, white rice)

Practice Other Healthy Behaviors

- Attend prenatal classes.
- Stop any use of tobacco products and recreational drugs. Avoid secondhand smoke.
- Stop any consumption of alcoholic beverages.

Resources

Cavity Keep Away (brochure and poster in English and Spanish) produced by the California Dental Association Foundation. <http://www.cdafoundation.org/Learn/EducationTraining/PerinatalOralHealthEducation/PatientEducationMaterial.aspx>.

Dental Care Before, During, and After Pregnancy (handout) produced by the South Carolina Department of Health and Environmental Control, Division of Oral Health. <http://www.scdhec.gov/administration/library/CR-009602.pdf>.

For the Dental Patient: Oral Health During Pregnancy—What to Expect When Expecting (handout) produced by the American Dental Association. <http://www.ada.org/993.aspx>.

Good Oral Health for Two (handout) produced by the Northeast Center for Healthy Communities, Greater Lawrence Family Health Center. http://www.mchoralhealth.org/pdfs/goodoralhealthfortwo_eng.pdf (English), http://www.mchoralhealth.org/pdfs/goodoralhealthfortwo_sp.pdf (Spanish).

Healthy Smiles for Two (brochure) produced by the South Dakota Department of Health, Oral Health Program. http://doh.sd.gov/OralHealth/PDF/SmilesforTwo_Brochure.pdf.

Nothing But the Tooth (video) produced by the Texas Department of State Health Services, Nutrition Services Section and Texas Oral Health Coalition. <http://www.youtube.com/watch?v=4m41tR3s9sE> (English), <http://www.youtube.com/watch?v=vuYTLjXG-do> (Spanish).

After Your Baby Is Born

- Continue taking care of your mouth after your baby is born. Keep getting oral health care, practicing good oral hygiene, eating healthy foods, and practicing other healthy behaviors.
- Take care of your baby's gums and teeth, feed your baby healthy foods (exclusive breastfeeding for at least 4 months, but ideally for 6 months), and take your baby to the dentist by age 1.
- Ask your baby's pediatric health professional to check your baby's mouth (conduct an oral health risk assessment) starting at age 6 months, and to provide a referral to a dentist for urgent oral health care.

Resource

A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy (brochures in English and Spanish) produced by the National Maternal and Child Oral Health Resource Center. <http://www.mchoralhealth.org/materials/consumerbrochures.html>.

Patient Education Tools (articles in Chinese, English, Hmong, Russian, Spanish, and Vietnamese) produced by the California Dental Association. http://www.cda.org/page/patient_education_tools.

Pregnancy and Dental Care (poster and wallet card) produced by the New York State Department of Health. <http://www.health.state.ny.us/prevention/dental/publications.htm>.

text4baby (mobile information service) produced by the National Healthy Mothers, Healthy Babies Coalition. <http://www.text4baby.org>.

Two Healthy Smiles: Tips to Keep You and Your Baby Healthy (brochures) produced by the National Maternal and Child Oral Health Resource Center. <http://www.mchoralhealth.org/PDFs/pregnancybrochure.pdf> (English) and http://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.pdf (Spanish).

Finding a Dentist

- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
- <http://www.knowyourteeth.com/findadentist>

Finding Low-Cost Dental Care

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

Finding Dental Insurance Coverage

- <https://www.healthcare.gov>

After Your Baby Is Born

After your baby is born, it is important for you to keep brushing with toothpaste. You also need to floss, eat healthy foods, and get dental care. When your mouth is healthy, your baby is more likely to have a healthy mouth, too.

Care for Your Baby's Gums and Teeth

- Breast milk is best! Breastfeed your baby for 6 months or longer if you can.
- Germs can pass from your mouth to your baby's mouth. Use a different spoon to taste your baby's food. Clean your baby's pacifier with water. Do not use your mouth to clean it.
- Clean your baby's gums after every feeding even before her first teeth come in. Use a clean, damp washcloth or a toothbrush with soft bristles and a small head made for babies.
- When your baby gets his first tooth (usually around 6 to 10 months), begin brushing his teeth with toothpaste with fluoride twice a day. Use a small smear of toothpaste.
- Do not put your baby to sleep with a bottle filled with breast milk, formula, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Take your baby to the dentist by the time she is 1 year old to have her teeth and gums checked.



Resources

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Two Healthy Smiles

Tips to Keep You and Your Baby Healthy



Taking care of your mouth while you are pregnant is important for you and your baby. Brushing, flossing, eating healthy foods, and getting dental checkups and treatment will help keep you and your baby healthy.



Changes to your body when you are pregnant can make your gums sore, puffy, and red if you do not brush and floss every day. This problem is called gingivitis (gin-gih-vi-tis). If gingivitis is not treated, it may lead to periodontal (pear-ee-oh-don-tuhl) disease. This disease can cause tooth loss.

After your baby is born, take care of your baby's gums and teeth too.

Give your baby a healthy start! Here are tips to keep you and your baby's teeth and gums healthy.



While You Are Pregnant

Brush and Floss

- To prevent or control tooth decay, brush your teeth with a soft toothbrush and toothpaste with fluoride (floor-ide) twice a day.
- Floss once a day before bedtime.
- If you cannot brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride.
- If you vomit, rinse your mouth with water.

Eat Healthy Foods

- Eat fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, beans, and nuts are also good choices. Eat foods that have sugar at mealtimes only.
- Drink water or low-fat milk instead of juice, fruit-flavored drinks, or pop (soda).
- Drink water at least a few times a day, especially between meals and snacks.
- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Look for products, like chewing gum or mints, that contain xylitol (zy-lih-tohl).

Get Dental Care

- Get a dental checkup. It is safe to have dental care when you are pregnant. Do not put it off until after you have the baby.
- Tell the dental office staff that you are pregnant and your due date. This will help the dental team keep you comfortable.
- The dental team may recommend rinses with fluoride or chewing gum with xylitol, which can help reduce bacteria that can cause tooth decay and gingivitis.
- Talk to your doctor if you need help getting dental care or making an appointment.



Después de que nazca tu bebé

Después de que nazca tu bebé, es importante que sigas cepillándote con pasta con fluoruro. Además, debes seguir usando el hilo dental, comer alimentos saludables y obtener cuidado dental. Si tu boca está saludable, es muy probable que la boca de tu bebé también esté saludable.

El cuidado de las encías y los dientes de tu bebé

- ¡La leche materna es la mejor! Dale el pecho a tu bebé por 6 meses o más si puedes.
- Los gérmenes pueden pasar de tu boca a la boca de tu bebé. Usa una cuchara diferente para probar la comida de tu bebé. Lava el chupón de tu bebé con agua. Nunca lo limpies con tu boca.
- Limpia las encías de tu bebé después de cada comida, aun cuando no tenga ningún diente. Usa una toallita limpia y húmeda o un cepillo dental para bebés con cerdas suaves y de cabeza pequeña.
- Cuando le salga el primer diente a tu bebé (usualmente alrededor de 6 a 10 meses) empieza a cepillarle los dientes con pasta con fluoruro dos veces al día. Usa sólo un poquitito de pasta.
- Nunca pongas a dormir a tu bebé con el biberón lleno de leche materna, fórmula, jugo o bebidas azucaradas como bebidas con sabor a fruta o refrescos (sodas).
- Lleva a tu bebé al dentista antes de su primer año para que le revise sus dientes y encías.



Recursos

Cómo encontrar a un dentista

- <http://www.aapd.org/finddentist>
- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
- <http://www.knowyourteeth.com/findadentist>

Cómo encontrar cuidado dental de bajo costo

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

Cómo encontrar cobertura de tu seguro dental

- <https://www.healthcare.gov>

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Dos sonrisas saludables

Consejos para mantenerte a ti y a tu bebé sanos



El cuidado de tu boca durante el embarazo es importante para ti y para tu bebé. Cepillarse, usar hilo dental, comer saludable y visitar al dentista para recibir chequeos y tratamientos ayudará a mantener sanos a ti y a tu bebé.



Los cambios en tu cuerpo durante el embarazo pueden causarte encías adoloridas, hinchadas y rojas si no te cepillas y usas hilo dental todos los días. Este problema se llama gingivitis. Si la gingivitis no es tratada, puede convertirse en periodontitis. Esta enfermedad puede conducir a la caída de los dientes.

Cuando nazca tu bebé, cuídale los dientes y encías por igual.

¡Dale a tu bebé un comienzo sano! Los siguientes consejos son para mantener saludables tus dientes y encías y los de tu bebé.



Durante tu embarazo

Cepíllate y usa hilo dental

- Para prevenir o controlar las caries, cepíllate los dientes con un cepillo suave y una pasta dental con fluoruro dos veces al día.
- Utiliza hilo dental una vez al día antes de dormir.
- Si no puedes cepillarte los dientes porque te sientes mal o estás enferma, enjuágate la boca con agua o con un enjuague que contenga fluoruro.
- Si vomitas, enjuágate la boca con agua.

Come alimentos saludables

- Come frutas, verduras, comidas de grano integral como pan o galletas y productos lácteos como leche, yogurt o queso. Carnes magras, pescado, pollo, huevos, frijoles y nueces, los cuales son buenos también. Come alimentos que tengan azúcar sólo con las comidas.
- Bebe agua o leche baja en grasa en vez de jugos, bebidas con sabor a frutas o refrescos (sodas).
- Toma agua varias veces al día, especialmente entre comidas y bocadillos/meriendas.
- Come menos dulces, galletas o pasteles. Bebe menos bebidas con sabor a frutas o refrescos (sodas). Come y bebe cosas dulces sólo con las comidas.
- Busca productos comestibles, como mentas o gomas de mascar, que contengan xilitol.

Obtén cuidado dental

- Obtén un chequeo dental. Es seguro recibir cuidado dental durante el embarazo. No esperes hasta que tengas a tu bebé.
- Notifica al personal de la oficina dental sobre tu embarazo y la fecha de parto. Esta información les ayudará a mantenerte cómoda.
- El personal dental te puede recomendar enjuagues con fluoruro o goma de mascar con xilitol, lo cual puede ayudar a reducir las bacterias que pueden causar las caries y la gingivitis.
- Habla con tu médico si necesitas ayuda para recibir cuidado dental o para hacer una cita.



Get Dental Care for Your Baby

- Check your baby's gums and teeth once a month. Look for white spots. If you see white spots, take your baby to a dentist right away.
- Take your baby to the dentist by the time she is 1 year old to have her teeth and gums checked.

Keep Your Own Mouth Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Floss once a day before bedtime.
- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans, and nuts.
- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Get dental care.



Resources

Finding a Dentist

- <http://www.aapd.org/finddentist>
- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
- <http://www.knowyourteeth.com/findadentist>

Finding Low-Cost Dental Care

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

Finding Dental Insurance Coverage

- <https://www.insurekidsnow.gov>

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A Healthy Smile for Your Baby

Tips to Keep Your Baby Healthy



Taking care of your baby's gums and teeth is important. Clean your baby's gums or brush your baby's teeth, give your baby healthy foods, and take your baby to the dentist by the time he is 1 year old. If you take care of your teeth, it will help your baby's teeth stay healthy, too.

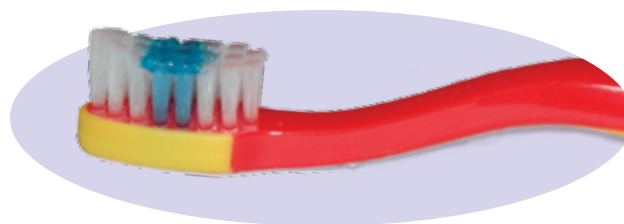
Children need healthy teeth. Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Babies need to have their teeth brushed. Before they have teeth, you should clean their gums.

Give your baby a healthy start! Here are tips to keep your baby's gums and teeth healthy.



Take Care of Your Baby's Mouth

- Clean your baby's gums after every feeding even before her first teeth come in. Use a clean, damp washcloth or a toothbrush with soft bristles and a small head made for babies.
- When your baby gets her first tooth (usually around 6 to 10 months), begin brushing her teeth with toothpaste with fluoride (floor-ide) twice a day. Use a small smear of toothpaste.



- Brush the front and back of your baby's teeth. Lift her lips to brush at the gum line of her front teeth.
- If your baby has sore gums from a tooth coming in, give her a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your baby's gums with a clean finger.
- Germs can pass from your mouth to your baby's mouth. Do not test a bottle with your mouth to see if it is too hot. Use a different spoon to taste your baby's food. If your baby's bottle nipple or pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

Give Your Baby Healthy Foods

- Breast milk is best! Breastfeed your baby for 6 months or longer if you can. If you feed your baby formula, use formula with iron. Wait until your baby is 1 year old before feeding him cow's milk.
- Hold your baby while feeding him breast milk or formula in a bottle.
- Do not put your baby to sleep with a bottle filled with breast milk, formula, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Wait until your baby is 6 months old before giving him juice. Serve juice in a cup. Do not give your baby more than 4 to 6 ounces of juice each day. Give your baby 100-percent fruit juice only.
- When your baby is around 4 to 6 months old, start giving him solid foods. Do not give your baby solid foods before he is ready. One way to tell if your baby is ready is if he can sit by himself without holding on to anything.
- As your baby begins to eat more solid foods and drink from a cup, you can wean him from the bottle. Begin to wean your baby from the bottle slowly, at about age 9 to 10 months. By age 12 to 14 months, most babies can drink from a cup.
- Do not give your baby sweets, like candy, cookies, or cake, or sugary drinks.



Obtén cuidado dental para tu bebé

- Examina los dientes y encías de tu bebé una vez al mes. Fíjate bien que no tenga manchas blancas en los dientes. Si ves manchas blancas, lleva a tu bebé al dentista inmediatamente.
- Lleva a tu bebé al dentista antes de su primer año para que le revise sus dientes y encías.

Mantén tu propia boca sana

- Cepíllate los dientes con un cepillo suave y con pasta con fluoruro dos veces al día, después del desayuno y antes de dormir.
- Utiliza el hilo dental una vez al día antes de dormir.
- Come alimentos saludables, como productos de grano integral, productos lácteos, frutas, verduras, carne, pescado, pollo, huevos, frijoles y nueces.
- Come menos golosinas como dulces, galletas o pasteles. Toma menos bebidas azucaradas como bebidas con sabor a frutas o refrescos (sodas). Come y bebe cosas dulces sólo con las comidas.
- Obtén cuidado dental.



Recursos

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- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
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Una sonrisa saludable para tu bebé

Consejos para mantener sano a tu bebé



El cuidado de los dientes y encías de tu bebé es importante. Límpiale las encías a tu bebé o cepíllale los dientes, dale a tu bebé alimentos saludables y llévalo al dentista en cuanto cumpla un año. Si tú cuidas de tus dientes, esto ayudará a que los dientes de tu bebé también permanezcan sanos.

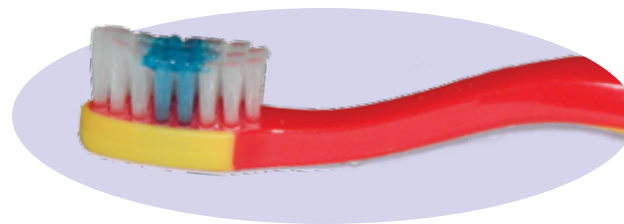
Los niños necesitan tener dientes sanos. Los dientes sanos les ayudan a masticar y a hablar claramente. Además los dientes de leche mantienen el espacio para los dientes de adulto. Los bebés necesitan que les cepillen los dientes. Si tu bebé aún no tiene dientes, debes limpiarle las encías.

¡Dale a tu bebé un comienzo sano! Los siguientes consejos son para mantener saludables los dientes y encías de tu bebé.



Cuida de la boca de tu bebé

- Limpia las encías de tu bebé después de cada comida, aun cuando no tenga ningún diente. Usa una toallita limpia y húmeda o un cepillo dental para bebés con cerdas suaves y de cabeza pequeña.
- Cuando le salga el primer diente a tu bebé (usualmente alrededor de los 6 a los 10 meses), empieza a cepillarle los dientes con pasta con fluoruro dos veces al día. Usa sólo un poquitito de pasta.



- Cepíllale los dientes a tu bebé por delante y por detrás. Levántale el labio para cepillar la línea de la encía de los dientes de enfrente.
- Si tu bebé tiene las encías hinchadas porque le está brotando un diente, dale un masticador frío, una cuchara fría o una toallita mojada en agua fría o puedes sobarle las encías con tu dedo limpio.
- Los gérmenes pueden pasar de tu boca a la boca de tu bebé. No pruebes el biberón con tu boca para ver si está muy caliente. Usa una cuchara diferente para probar la comida de tu bebé. Si se cae al piso el chupón o la tetera, lávalo con agua.
- Nunca metas los chupones en dulce como azúcar, miel o almíbar.

Dale a tu bebé comidas saludables

- ¡La leche materna es la mejor! Dale el pecho a tu bebé por lo menos 6 meses o más si puedes. Si le das fórmula, usa fórmula con hierro. Espera a que tu bebé cumpla 1 año antes de darle leche de vaca.
- Abraza a tu bebé mientras le das un biberón con leche materna o fórmula.
- Nunca pongas a dormir a tu bebé con el biberón lleno de leche materna, fórmula, jugo o bebidas azucaradas como bebidas con sabor a fruta o refrescos (sodas).
- Espera a que tu bebé cumpla 6 meses para darle jugo. Sirvele el jugo en una tacita. No le des a tu bebé más de 4 a 6 onzas de jugo cada día. Dale a tu bebé sólo jugo que sea cien por ciento jugo de frutas.
- Cuando tu bebé tenga alrededor de 4 a 6 meses, empieza a darle comida sólida. No le des a tu bebé comida sólida hasta que él esté listo. Una buena forma para saber si tu bebé está listo es si se puede sentar solito sin sostenerse de nada.
- Cuando tu bebé empiece a comer más comida sólida y tome de una tacita, puedes empezar a quitarle el biberón. Empieza a quitarle el biberón poco a poco, como a los 9 o 10 meses. Cuando tienen de 12 a 14 meses, la mayoría de los bebés ya pueden tomar de una taza.
- No le des a tu bebé golosinas, como dulces, galletas, pasteles o bebidas azucaradas.



ORAL HEALTH

Tips for Families from the Head Start National Center on Health



THE NATIONAL CENTER ON
Health

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your Head Start or Early Head Start program know if you need help or have questions about oral health.