

THE



OF WISDOM

## *DSHS Oral Health Improvement Program*

Here are some P-E-A-R-L-S of Wisdom for pregnant women and new parents.

**PROTECT** your baby's teeth by caring for your own mouth when you're pregnant. Their future oral health starts with you!

**ENSURE** that you wipe your baby's gums after each meal.

**AVOID** leaving a bottle in your baby's mouth during bedtime.

**REMEMBER** to brush your child's teeth twice a day with fluoride toothpaste. For children under 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.

**LIMIT DRINKS**, snacks, and food with added sugars for children. Pick fruits and vegetables over fruit drinks, crackers, and sweets.

**SCHEDULE** your child's first dental visit before age one or when their first tooth appears. Tiny teeth are important too!



Learn more about how to practice good oral hygiene by visiting the [DSHS Oral Health](#) webpage.

*Adapted from the National Center for Health Statistics, Centers for Disease Control and Prevention*



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