

HEALTHY MOUTHS FOR TWO!

Dental Care During Pregnancy

TOOTH
TIPS

Dental care is **safe** during pregnancy. It is smart for you and your baby to each have a healthy mouth.

- **How does being pregnant impact my oral health?**

Pregnancy can make your gums sore or puffy and cause them to bleed. This is caused by inflammation. You can reverse this with good home care (brushing and flossing).



- **What do I need to know about going to the dentist while pregnant?**

It is safe to get the following dental work while pregnant:

- X-rays
- Fillings
- Removal of teeth
- Cleanings
- Local anesthesia (to numb teeth)

Tell your dentist that you are pregnant and when your baby is due.

- **I have morning sickness. How do I prevent it from hurting my teeth?**

If you vomit, rinse your mouth with a teaspoon of baking soda dissolved in a cup of water. Delay toothbrushing for about an hour.

- **What are other ways I can practice good oral health during my pregnancy?**

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to prevent red, puffy gums.
- Choose healthy foods. Avoid food and drinks containing sugar. Drink tap water throughout the day between meals.

CARING FOR TINY TEETH

Dental Care for Baby

TOOTH TIPS

Wipe your baby's gums daily with a clean, wet cloth after feedings. Even if there are no teeth, it is still important.

- Breast milk is the best source of nutrition.
- Once foods are introduced, avoid giving your baby sugary foods and drinks.
- Babies should not have fruit juice during their first year.

Check your baby's mouth by lifting the lip to look for any brown, black, or white spots on the teeth. These may be cavities.

- Do not put your baby to bed with a bottle that contains anything but water.
- Do not clean your baby's pacifier with your mouth. This can pass germs that cause cavities to your baby.
- Avoid using the same spoon as your baby or pre-chewing their food.

Take your baby to a dentist before age 1, or when they get their first tooth.

- Start brushing once their first tooth appears. The first tooth usually appears around 6 months old.
- For kids under the age of 3, brushing should start with a smear of fluoride toothpaste.
- For kids who are 5 and older, use a pea-sized amount of fluoride toothpaste.
- Start a morning and bedtime brushing routine with your baby. If you're unsure about how to brush your baby's mouth or wipe their gums, a dentist can show you how at their first dental visit.



LIFT THE LIP!

Check Your Baby's Mouth



- **Cavities can be painful, and your baby can't tell you about them.**
- **It is important to check their teeth for any brown, black, or white spots. These can be cavities.**
- **Follow these four steps to lift the lip at least once a month:**
 1. To see your baby's teeth and mouth fully, position their head in your arm or lap.
 2. Gently use your fingers to lift the upper lip and look in their mouth for any brown, black, or white spots on the teeth.
 3. If you see any brown, black, or white spots, take your baby to the dentist right away.
 4. After checking your baby's teeth, clean their mouth.



If you're unsure about how to brush your child's mouth or wipe their gums, a dentist can show you how at your child's first dental visit.

SLEEP TIME IS TEETH TIME

Clean is the Bedtime Routine

TOOTH
TIPS

Bedtime Routine for Baby

Avoid putting your baby to sleep with a bottle of milk or other sugary drinks.

- Milk and sugary drinks sitting on their teeth while they sleep can cause cavities. Wipe their gums with a damp cloth after their last feeding of the day.
- Other ways to put your baby to sleep include swaddling, singing, reading to them, or using a clean pacifier.

Bedtime Routine for Children

Create a bedtime routine for your child that includes brushing teeth for two minutes. Use a toothpaste with fluoride. Here are a few easy ways to do that:

- Make brushing fun by including counting or singing along with their favorite song!
- Lead by example. Let your child watch how you brush your teeth.
- If they want to brush, that's great! Just remember they still need your help until around age 6.



TOOTH TIPS FOR KIDS

Healthy Teeth Make Healthy Kids



- **Children need help taking care of their teeth until they are around age 6.**
 - Once they are 6 and older, **supervise** them to make sure they are brushing twice a day and flossing once a day.
- **Make water the go-to drink.** Drinking water between meals lessens the risk of cavities and tooth decay. Avoid sipping on sugary drinks like fruit juice, flavored milk, soda, and sports drinks throughout the day.
- Watch out for **hidden sugar** in popular snacks for kids. Offer more fresh fruit, vegetables, and cheeses.
- **Dental sealants coat the grooves on teeth.** They are an excellent way to prevent cavities and easy to apply. Ask your dentist about sealants.
- **Go to the dentist at least once a year.** Schedule an appointment for your child today.



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BRUSH AND FLOSS IT OUT!

How to Have a Healthy Mouth



Poor oral health can impact overall health. It can lead to chronic diseases like heart disease, diabetes, and gum disease.

To improve your oral health, start a daily routine that includes:

1. **Flossing at least once a day.**

Gently bring the floss between two teeth and down to the gumline. Move the floss up and down against the sides of each tooth. Continue this between all your teeth.

- If your gums bleed when you floss, stick to your flossing routine and they will heal in a few days.
- If you struggle with string floss, floss picks and water flossers may be easier for you.

2. **Brushing twice a day for two minutes.**

Using soft bristle brush, perform circular motions. Don't forget to brush your tongue!

3. **Using toothpaste and mouthwash with fluoride.**

Fluoride helps protect teeth from cavities.



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PREVENT ACID ATTACKS

What Happens When You Eat

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TIPS

Your mouth has lots of germs. Acid forms when these germs mix with foods or sweets. This acid makes the tooth weak and can cause cavities. Choose the best foods to keep your teeth healthy.

It takes about 20 minutes for the acid levels in our mouth to return to normal. Each time you take a bite or sip, another acid attack begins.



How **often** you eat and drink matters more than how **much**.

It is better to finish your food or drink quickly than to spread it out over a long period of time.

Eat sweets with a meal, not as a snack.

Choose sweets like chocolate that melt easily and not stay stuck on the teeth. If you're going to have a soda, don't sip on a soda all day.

CARING FOR THE AGING MOUTH

Oral Health for Older Adults



Healthy habits like brushing and flossing will always be important.

Here are a few ways aging can affect your mouth:

Dry mouth. Medicines you take may cause dry mouth. It can be uncomfortable and increases your risk of cavities.

- Rinses, chewing gum, and other items can help with dry mouth. You can find these in the toothpaste aisle.
- Make water your go-to drink to relieve dry mouth.
- Talk to your dentist about dry mouth.



Cavities. You never outgrow your risk of cavities.

- The risk of getting cavities on the root surfaces of your teeth increases with age. These cavities can be painful and grow faster because the root surface is soft.
- Dental care is a good investment. Your oral health impacts your overall health.
- Keep brushing with fluoride toothpaste twice a day and continue to floss daily.

Dentures. Make sure to care for partials or dentures.

- Clean them daily by brushing gently with a denture cleaner or mild soap and water. Ask your dentist to show you how.
- Keep dentures in water or a denture soaking solution when they are not being worn. Dentures can lose their shape and not fit well if they dry out.

ORAL HEALTH GOAL SETTING

Small Changes = Big Impact

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Change isn't always easy. Start small and work your way up to a healthier you. Select a goal, fill in the blank, and get started! You can do it!



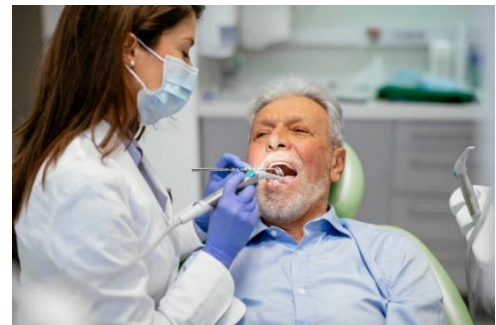
Brushing my teeth every morning and night will keep my mouth healthy.

☐ I will brush ____ times a day.



Flossing daily will keep my teeth and gums healthy.

☐ I will floss ____ times per week.



Visiting the dentist at least once a year helps keep my teeth and gums healthy.

☐ I will schedule a dental check-up on _____.



Sugary drinks, like juice and soda, can increase my chances for tooth decay.

☐ I will have ____ fewer sugary drinks each day.



Frequent snacks, like crackers and chips, can increase my chances for tooth decay.

☐ I will make ____ of my daily snacks healthier.



Drinking 6-8 glasses of water each day will keep my mouth and body healthy.

☐ I am going to drink ____ cups of water a day.



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