Important Dates for My Baby and Me

Fill in these important dates below:

Pre-pregnancy dentist check *(to get your teeth in good shape before you become pregnant)*

_____

Pregnancy dentist check *(when you find out you're pregnant)*

_____

First smile _____

First tooth _____

Last baby bottle *(before age 1)* _____

First dental screening *(before age 1)* _____

For more information about dental health during pregnancy and during your baby's first year, visit www.DOHCSmiles.org or call the Delaware Helpline at 800.464.HELP (4357).

Brought to you by the Delaware Division of Public Health and the Delaware Oral Health Coalition

DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

HEALTHY smile HEALTHY YOU!

Healthy Smile.
Healthy Baby.

Good dental health:
- Will prevent tooth decay
- May prevent premature delivery

HEALTHY smile HEALTHY YOU!

Take Care of Your Teeth During Pregnancy

If you plan to get pregnant, visit your dentist. This is important. **If you have gum disease, you might be at greater risk for premature delivery.** Also, your baby's teeth start to develop in the fourth month of pregnancy. Your dentist will help you treat any of your dental problems, so they do not become problems for your developing baby.

Important dental tips to follow when you are pregnant:

- Visit your dentist as soon as you find out you are pregnant. He or she will give you specific instructions for your situation.

- Practice good dental habits (brush your teeth and floss them twice a day).

- Eat food that is healthy for you and your baby.

Take Care of Your Baby's Gums

At birth, your baby has about 20 baby teeth growing under the gums. While you cannot see these teeth, they still need to be protected. Here are some tips on how to take care of your baby's gums.

- Do not dip a pacifier in anything sweet, like honey or sugar.

- Eliminate sweet drinks such as juice sweetened with sugar.

- Wipe your baby's gums gently after every feeding and before bed. Use a clean, damp washcloth to wipe germs away.

- Avoid putting your baby to bed with a bottle.

Take Care of Your Baby's First Teeth

Your baby's first tooth will appear at about six months. As soon as it appears, it can develop tooth decay. Tooth decay can come from harmful bacteria that is passed to the baby from a parent or caregiver with a dental infection. Here is what you need to do:

- Protect your baby from germs, even your own. Do not put spoons, pacifiers or toothbrushes in your mouth before putting them in your baby's mouth.

- Give your baby healthy foods and avoid sticky foods and sugary drinks.

- Brush your baby's teeth with a soft baby toothbrush and water as soon as the first tooth appears.

- Get your baby to drink from a cup by age one.

- Take your baby to the dentist by age one. This will help detect any problems early.

- Ask your dentist or doctor if your baby needs extra fluoride.