Healthy Teeth and Gums + Pregnant Moms = Healthy Babies

During Pregnancy

Good oral health is part of good general health. Healthy women will have healthier pregnancies.

After Pregnancy

Healthy teeth are important for Mom and Baby. Germs pass from Mom's mouth to Baby's mouth when foods or spoons are shared or if Mom uses her mouth to clean a pacifier. The germs from Mom's mouth can cause cavities in Baby's teeth.

Cavities are really a bacterial infection of the teeth. They can be painful, and Baby may not want to eat or drink.

Protect Mom

Keep Your Teeth Healthy

- Brush teeth twice a day with fluoride toothpaste
- Floss teeth once a day
- See a dentist every 6 months before, during and after pregnancy or as advised by a dentist
- Chew gum/mints with Xylitol to minimize germs
- Ask the dentist for chlorhexedine rinse during and after pregnancy

Food Tips for Healthy Teeth

- Eat low-sugar, nutritious foods such as fruits and vegetables, whole grains, lean meats and low-fat milk/yogurt/cheese.
- Avoid sugary snacks like cakes, sour and sticky candy, chips, juices, sports drinks and sodas.
- Rinse mouth after snacking.

Protect Baby

Keep Your Child's Teeth Healthy

- Wipe gums with a damp clean cloth after each nursing or feeding
- When teeth come in, use a small soft toothbrush
- Take baby to the dentist by age 1
- Lift the lip and look at all sides of teeth- Call dentist if you see white, brown, or black spots
- Put only breast milk, formula or water in a bottle; wean from bottle by age 1
- If Baby goes to bed with a bottle, only use water

If you need help to find a dentist for yourself or your child call: 1-800-300-9950
SF Women & Children's Health Referral Line

Reference: Perinatal Oral Health Consensus Conference
2/20/2009 Sacramento, CA