HEALTHIER MOM = HEALTHIER BABY

✓ Oral health care is especially important during pregnancy
✓ Vomiting, heartburn, frequent eating and pregnancy hormones can increase risk for dental disease
✓ Dental treatment is safe anytime during pregnancy
✓ A child is at higher risk for tooth decay if mother has untreated decay
Dental treatment is safe anytime during pregnancy

HEALTHIER MOM = HEALTHIER BABY
ORAL DISEASES

✓ Periodontal or gum disease is more common during pregnancy due to hormone changes that affect the way the gums react to bacteria in plaque

✓ Periodontal disease may include swelling of the gums called gingivitis or infections of the bone and supporting structures in periodontitis

✓ It is safe for women to receive care for tooth decay, infections and periodontal disease during pregnancy
ORAL DISEASES

Gingivitis

Periodontal disease

Tooth decay
KEEP YOUR TEETH HEALTHY

- Brush twice a day with fluoride toothpaste
- Rinse every night with fluoride, alcohol-free mouth rinse
- Chew gum or mints containing xylitol after eating
- Rinse mouth with a teaspoon of baking soda in cup of water after vomiting
KEEP YOUR TEETH HEALTHY

Brush with fluoride toothpaste twice a day
HEALTHY EATING FOR TWO

✔ Eat a variety of healthy food
✔ Choose snacks low in sugar
✔ Drink water or milk instead of juice, flavored drinks or soda
HEALTHY EATING FOR TWO

- Eat healthy snacks
- Drink only water or milk between meals
- Limit sugary foods and drinks
DENTAL CARE IS SAFE FOR PREGNANT WOMEN

- Make an appointment or keep scheduled checkup appointment
- Get recommended oral health treatment before delivery
- Inform your dental provider that you are pregnant
- Pregnant women can safely receive dental care that includes:
  - X-rays
  - Pain medication
  - Local anesthesia
DENTAL CARE IS SAFE FOR PREGNANT WOMEN

See your dentist as soon as you know you are pregnant
BABY TEETH ARE IMPORTANT

Baby teeth:

✓ Help child chew healthy foods
✓ Hold the space for permanent teeth
✓ Help child to speak clearly
✓ Help child smile with confidence
✓ Have roots that dissolve as permanent teeth grow in
✓ First teeth grow in between 6 and 12 months
✓ Last baby tooth falls out between ages 11 and 14
BABY TEETH ARE IMPORTANT

Tooth development of a 3-year-old
TOOTH DECAY IS CAUSED BY GERMS

Tooth decay germs:

- Live in the plaque that sticks to teeth
- Digest sugars and carbohydrates
- Produce acid
TOOTH DECAY IS CAUSED BY GERMS

Tooth decay germs can grow on a child’s first tooth.
SHARING GERMS

- Cavity germs can pass from the mouth of a caregiver to the mouth of a child
- Cavity germs can grow even on a child’s first tooth
- Avoid sharing spoons, straws, toothbrushes or cleaning a pacifier in your mouth
- A child whose mother has a lot of cavities is at higher risk for cavities too
Reduce tooth decay germs in your mouth by keeping your mouth clean and getting regular dental care.
TOOTH DECAY

✓ Tooth decay germs in your mouth use the sugars we eat to make acid
✓ The acid eats at the enamel outer surface of the tooth to form a hole or cavity
✓ Tooth decay germs produce acid for 20 minutes after eating sugars or carbohydrates (acid attack)

Tooth decay is preventable not inevitable!
TOOTH DECAY

Bacteria germs + Carbohydrates sugars = ACID
DIET AND TOOTH DECAY

- Tooth decay germs produce acid for 20 minutes after eating sugars or carbohydrates (acid attack).
- The acid dissolves tooth structure to form a cavity.
- The more times a person eats, snacks or drinks sugar the more time acid sits on the teeth.

Two cookie example: If we have two cookies and eat both cookies now, we will have a 20 minute acid attack. If we eat one cookie now and the other 20 minutes from now, we will have a 40 minute acid attack.
More acid attacks = more cavities
TOOTH DECAY PROGRESS

- Tooth enamel is the hardest substance in the body
- Acid from tooth decay germs eats through the enamel which allows more germs to get deeper into the softer layers of the tooth
- Tooth decay can progress quickly in baby teeth since the enamel is thinner than permanent tooth enamel
- Bacteria from an infected pulp can spread to the rest of the body
TOOTH DECAY PROGRESS

- Early Enamel Tooth Decay
- Dentin Tooth Decay
- Advanced Tooth Decay
- Pulp Infection
BABY TEETH CAN GET CAVITIES

✓ Children who have a lot of cavities in their baby teeth are more likely to have cavities in their permanent teeth.

✓ The first signs of early tooth decay are white spots on the tooth near the gums.

✓ Children with white spots on the teeth should see a dental provider.

✓ Children with an abscess need to see a dentist within 24 to 48 hours.

✓ Children with a facial cellulitis need to go to the emergency room NOW!
BABY TEETH CAN GET CAVITIES

Normal

Early tooth decay

Abscessed tooth

Facial cellulitis
HEALTHY HABITS

- Wean from bottle by age 12 to 14 months
- No juice for children younger than 12 months
- Drink only water between meals
- Eat no more than 3 meals and 2 snacks a day
- Limit sweet sugary drinks and snacks
HEALTHY HABITS

- 3 meals, 2 snacks
- Serve water between meals
- Limit sweet drinks and sugary snacks

- Wean from bottle by 12 to 14 months
- Start a regular cup at 6 to 8 months
CARING FOR YOUR INFANT’S MOUTH

- Wipe baby’s mouth after feeding
- Only formula or breast milk in bottle
- Avoid putting infant to bed with a bottle
- Do not share things you put in your mouth
CARING FOR YOUR INFANT’S MOUTH

Start a mouth cleaning routine early!
FLUORIDE TOOTHPASTE

- Fluoride treatments and fluoride toothpaste may stop cavities from forming
- Tiny rice-sized smear of fluoride toothpaste for children younger than age 3
- Small pea-sized dab of fluoride toothpaste for children older than age 3
FLUORIDE TOOTHPASTE

Tiny rice-sized smear for children younger than age 3

Small pea-sized dab for children older than age 3
TOOTHBRUSHING

Use a pattern when brushing

✓ Outside of the bottom teeth
✓ Outside of the top teeth
✓ Inside of the bottom teeth
✓ Inside of the top teeth
✓ Chewing surfaces bottom and top
✓ Gently clean tongue
✓ Floss teeth that touch
TOOTHPRESSHING

- Use soft bristle brush with fluoride toothpaste
- Support child’s head
- Choose a comfortable position
TIME FOR A NEW TOOTHBRUSH

✓ Toothbrush bristles that are worn and frayed cannot clean teeth
✓ Replace toothbrush every 3 to 4 months or when worn
TIME FOR A NEW TOOTHBRUSH
FIRST DENTAL VISIT

- First dental visit by age 1 or after the first tooth grows in
- The dental provider will check the teeth and mouth
- The dental provider and parent can work together to prevent cavities
FIRST DENTAL VISIT

By your child’s first birthday
Healthy habits

- Brush teeth 2 times a day with fluoride toothpaste
- Obtain dental care for the entire family
- Drink only water between meals
- Eat no more than 3 meals and 2 snacks a day

Healthy routines

- Assist young child with toothbrushing
- Hold a baby when giving a bottle
- Sit when eating all meals and snacks
- Brush teeth and read a book for children before bedtime
Healthy Smiles for Mom and Baby

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Oral Health Guide for Families – flipchart
Please contact Dana Fischer for additional copies.

This project is funded by grant H47MC28475 from the
U.S. Department of Health and Human Services, Health Resources and Services Administration.