

Now you're brushing for two



WHEN YOU'RE PREGNANT
YOU MAY BE MORE PRONE TO

**GUM DISEASE
AND CAVITIES**



After your baby is born, you could pass the bacteria that contributes to cavities from your mouth to hers.



THAT'S WHY
**EVERY PREGNANT WOMAN
NEEDS TO GET A
DENTAL CHECK-UP**

**MAKE YOUR APPOINTMENT
BEFORE THE BABY COMES**



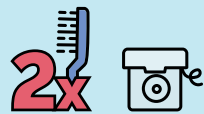
ONCE SHE COMES,
WE'RE GUESSING YOU'LL
BE PRETTY BUSY



Tips to keep your
mouth healthy



IF YOU HAVE
MORNING SICKNESS,
*RINSE YOUR MOUTH WITH ONE TSP OF
BAKING SODA IN A GLASS OF WATER
AFTER YOU GET SICK.*



BE SURE TO
**BRUSH TWICE A DAY
AND FLOSS DAILY**

m1 DEPARTMENT
OF HEALTH

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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Milestones for mini mouths



NEWBORN

BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH
SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS
CARING FOR YOUR OWN ORAL HEALTH

BRUSH YOUR TEETH TWICE A DAY, CLEAN BETWEEN YOUR TEETH,



**AND GET A DENTAL CHECK-UP
EVERY 6 MONTHS**

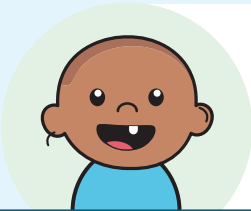


0 TO 5 MONTHS

YOU'RE BEGINNING TO SEE THAT **ADORABLE SMILE**



**START PROTECTING IT
BY WIPING HIS GUMS
WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING**



6 TO 12 MONTHS

BABY IS CUTTING HIS FIRST TOOTH
START BRUSHING THAT TOOTH
TWICE A DAY
USING A SMEAR OF TOOTHPASTE



WHEN BABY IS READY FOR SOLID FOOD
**CHOOSE THINGS WITH
NO ADDED SUGAR**



1 YEAR OLD

MAKE SURE YOUR BABY HAS A
**DENTAL CHECK-UP
BY HIS FIRST BIRTHDAY**



If you don't have anywhere to take your baby, ask your pediatrician to check his teeth and for a dental referral.

