For Expecting Mothers

Your oral health can affect your baby.

How to protect your baby’s smile

Why your child should visit the dentist by age 1

Delta Dental of Illinois Foundation
Take care of your teeth.

Four in 10 mothers neglect to visit a dentist during pregnancy.

Why you should schedule an appointment:

Hormonal changes during pregnancy can make your gums react differently than normal to plaque, which can lead to gingivitis, the first stage of periodontal (gum) disease.

Studies have suggested that pregnant women with moderate to severe gum disease may be more at risk to give birth to low-weight or pre-term babies.

A dentist can help identify and treat teeth and gum problems, lowering the risk for more serious, ongoing health problems for you and your baby.
Schedule a dental visit for your baby by age 1

The American Academy of Pediatric Dentistry recommends that a child should go to the dentist within six months of getting the first tooth – and no later than the first birthday.

Visiting the dentist by age 1 helps:

• you and your child establish a relationship with a dentist.

• alleviate your child’s pain and suffering that can result from untreated oral health issues.

• assist in emergency and future dental treatment.

• reduce future dental treatment costs up to 40 percent by establishing early preventive dental care like check-ups and cleanings.

Protect Your Baby’s Smile

Helpful Reminders

<table>
<thead>
<tr>
<th>When</th>
<th>To Do</th>
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<tbody>
<tr>
<td>Months 1+</td>
<td>Gently clean child’s gums after feedings with a damp washcloth to keep bacteria levels low. Avoid passing bacteria to your baby. Make sure you’re not putting your child’s feeding spoon in your mouth. Never clean a pacifier in your mouth. Never let your baby fall asleep with a bottle filled with milk, juice or other sugary drinks. If your child needs a bottle to fall asleep, fill it with tap water.</td>
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<tr>
<td>Months 5+</td>
<td>Start looking for your child’s first tooth to come in.</td>
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<tr>
<td>Months 6+</td>
<td>After the first baby tooth comes in, use a soft toothbrush and a smear of fluoride toothpaste to brush your child’s teeth and gums in soft, gentle circles two times a day.</td>
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<td>Months 9+</td>
<td>Begin flossing when two baby teeth touch.</td>
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<td>Month 12+</td>
<td>Encourage your child to give up the bottle by his or her first birthday.</td>
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<tr>
<td>18+ Months</td>
<td>Begin regular dental appointments every six months.</td>
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The skinny on morning sickness

80% of pregnant women experience morning sickness.

Stomach acid erodes tooth enamel which can lead to tooth decay.

Solution:

Rinse your mouth with baking soda and water after getting sick to neutralize acid.

It can affect your smile.

80% 20%

Stomach acid erodes tooth enamel which can lead to tooth decay.

Solution:

Rinse your mouth with baking soda and water after getting sick to neutralize acid.
Be a smart mouth. Get your child to the dentist by age 1.

Go to DentistBy1.com/Illinois for more information to help ensure your child grows up with a healthy smile or to support the Dentist By 1 initiative.

dentist by 1™
Cavities are nearly 100% preventable.

Delta Dental of Illinois Foundation