

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**<sup>®</sup>

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.

# The skinny on morning sickness



80% of pregnant women experience morning sickness.



It can affect your smile.



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.

# 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

When	To Do
Months 1+	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.
Months 5+	Start looking for your child's first tooth to come in.
Months 6+	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.
Months 9+	Begin flossing when two baby teeth touch.  Find a dentist and make an appointment for your child.
Month 12+	Encourage your child to give up the bottle by his or her first birthday.  Get your child to the dentist by age 1.
18+ Months	Begin regular dental appointments every six months.



Be a smart mouth.  
Get your child to the  
dentist by age 1.

Go to [DentistBy1.com/Illinois](https://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®**

Delta Dental of Illinois Foundation