

WHAT PREGNANT WOMEN & NEW MOMS SHOULD KNOW ABOUT ORAL HEALTH



Michelle Martin RDH, MPH
Utah Department of Health
Oral Health Program and
Utah WIC Program

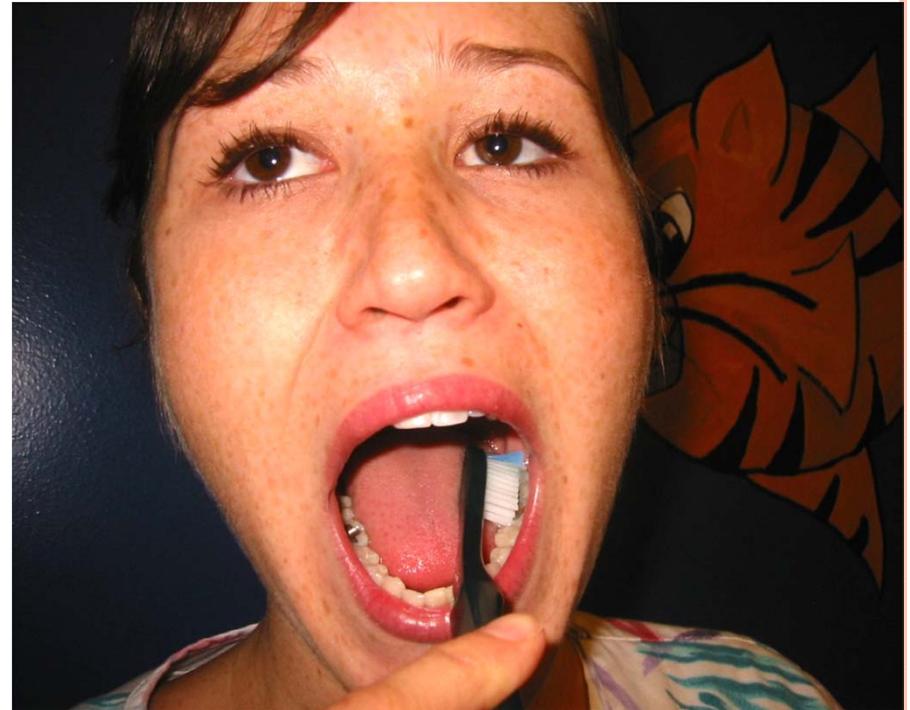
PERCENTAGE OF WOMEN WHO *NEVER* HAD THEIR TEETH CLEANED BY A DENTAL PROFESSIONAL

- PRAMS 2008 (Pregnant Risk Assessment Monitoring System) survey indicated...
- 34% of Hispanic Women.
- 3.4% of Non-Hispanic Women had not either.
- 15% Pacific Islanders had not either
- We need to educate parents about the value of Oral Health Care.

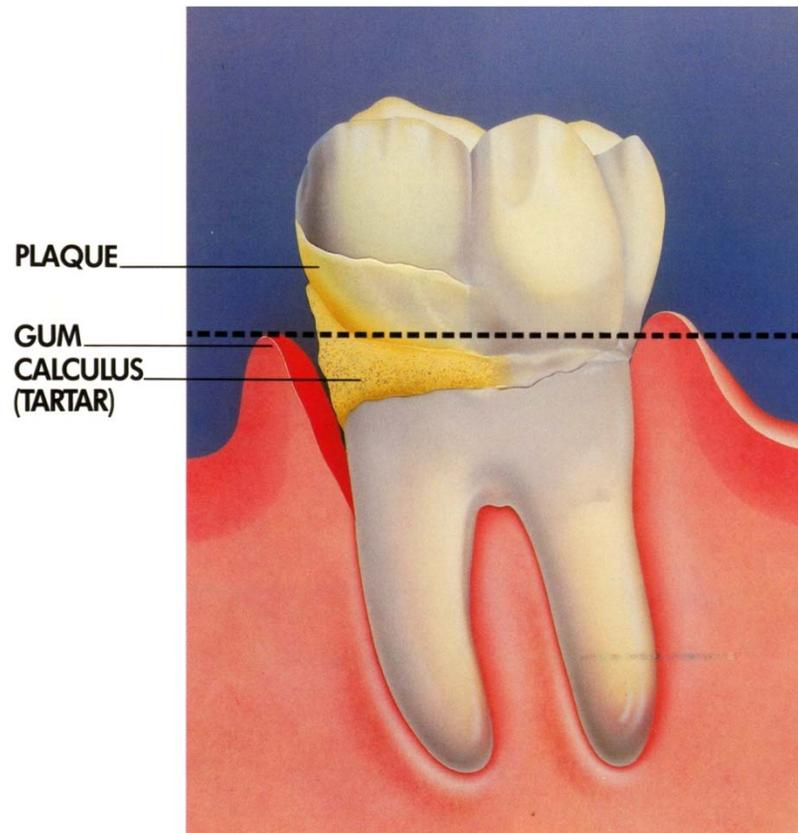


GOOD ORAL HEALTH IS IMPORTANT FOR A HEALTHY PREGNANCY!

- Brush 2 times a day for 2 minutes.
- Use mouth-rinse once a day.



HEALTHY GUMS CAN HELP YOUR BABY



- Mom's gum disease has been linked to babies being born too soon or too small.
- Keeping your teeth and gums clean during pregnancy may give your baby a better start in life.



HEALTHY PREGNANCIES NEED GOOD FOODS...AND SOMETHING TO CHEW IT ALL WITH!

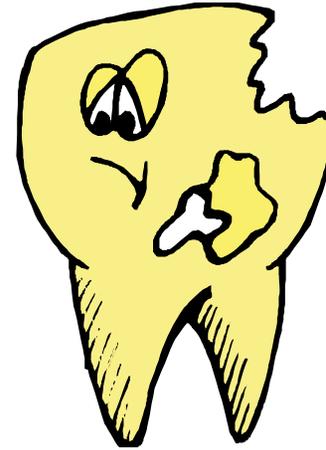


- You should eat fruits, vegetables, meat and dairy foods to help you and your baby be healthy.
- Examples of these:
bananas, carrots, broccoli, chicken, milk, cheese, and salads, just to name a few.



NASTY DISEASE

- Cavities are made by decay.
- Decay is a disease that can be passed from person to person.
- Cavities are the biggest health problem in children in America.



IF MOM IS PREGNANT ~ WHAT DOES SHE NEED TO KNOW?

You should do 3 things for a healthy mouth while you are pregnant and after.

Tell your dentist you are pregnant !!!

Brush 2 times a day, floss, and use mouth rinse.

Have teeth cleaned by dental office (this keeps you and your baby healthy).



GET YOUR DENTAL CAVITIES AND DISEASE TREATED.

Cavities do not go away. They need to be fixed by the dentist.

Dentists have very safe and good ways to make you feel comfortable.



DEVELOP GREAT BRUSHING & FLOSSING HABITS NOW!

- Use a ***soft*** brush to clean teeth at least twice a day, gently and in circles from the gums to the teeth.
- Use a fluoride toothpaste with a '**pea**' sized amount on the brush.
- Floss daily. (put it in the shower)



RECOMMENDED PRODUCTS

- Look for “ADA” labels on toothpastes and mouth rinses. i.e. Listerine.
- Change your toothbrush every 3 months, or after having a cold or flu.



STAY AWAY FROM JUNK FOODS



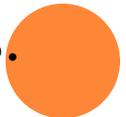
- Stay away from sodas, energy drinks, and sugary juices. Even Diet Coke has a lot of acid.
- Stay away from lots of sugar.
- If you do eat food that sticks around the teeth like candy or cookies, brush right afterwards.



FLOSSING



- Take about 18”.
- Wrap each end around an index finger.
- Begin at one side of the mouth at the back & go from tooth to tooth.
- *Gently* snap the floss through the contact & rub the floss up & down along the tooth, going slightly below the gumline. ***Be gentle.***
- Use a floss threader for getting between tight teeth or under bridges.



NOW LET'S TALK ABOUT BABY'S FIRST YEARS ~ EARLY INTERVENTION



BABY TEETH MATTER

- Baby teeth are very important. They hold the place for the permanent adult teeth.
- Infected baby teeth hurt. They can cause fever & can make children feel very sick.



AGE ONE FIRST DENTAL VISIT

- The American Academy of Pediatric Dentistry suggests that it is important to see infants *soon after the teeth begin to come in.*
- A simple fluoride varnish application has shown to prevent or reduce cavities in the teeth of young children.



DENTAL TREATMENT IS EXPENSIVE

- Dental treatment in a surgical center costs \$4,000 or more.
- A check up costs \$75
- A toothbrush costs \$2
- Good habits are *free*



CHILDREN DO NOT HAVE TO GET DECAY & IT CAN BE SERIOUS

- **Decay is an infectious disease.** *It can be passed from mother to child.*
- Decay or cavities that occur in the first 5 years of life are called early childhood caries (ECC).
- Decay in a child can be prevented.



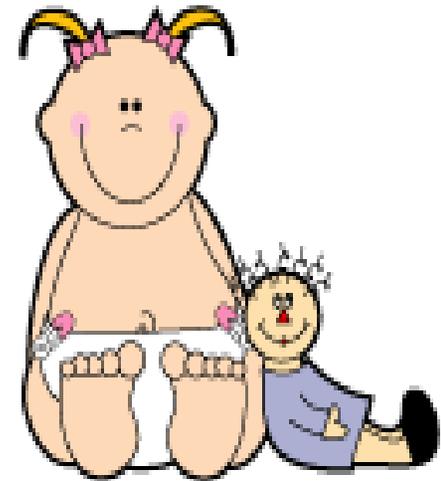
HOW DOES A BABY GET CAVITIES?

- A mother can pass her dental decay to her baby.
- Baby is put to bed with a bottle.
- If the child's teeth are not cleaned daily.



HOW DOES A BABY GET DECAY?

- Frequent snacking: 3 or more times a day as well as regular meals.
- The child uses a pacifier dipped in honey, etc.
- If the 1st teeth appear in mouth before 6 mos. of age they are at a higher risk.
- The child has taken liquid medicine for longer than 3 weeks. (like cough/cold)



MOTHER CAN SPREAD GERMS TO BABY

- Don't do this! Germs can be spread from mom to baby.
- It is spread when baby's food is tasted by mom using the same spoon and sharing cups etc.



BABY'S BOTTLE



- A child should not walk around or lie with a bottle in mouth for long periods of time.
- Baby should not be put to bed with a bottle of formula or juice that can be sucked on over several hours. This bathes the teeth in sugars. (causes cavities)
- NEVER put soda pop or any energy drinks in a babies bottle or Sippy cup!!!



CUP TRAINING SHOULD START AT 6 MONTHS OF AGE

- A baby should be done using a bottle by his/her 1st birthday.
- Cup training should start at 6 months. Keep in mind, a child should NOT wander round the house with a sippy cup of Kool-Aid or other sugar drinks.



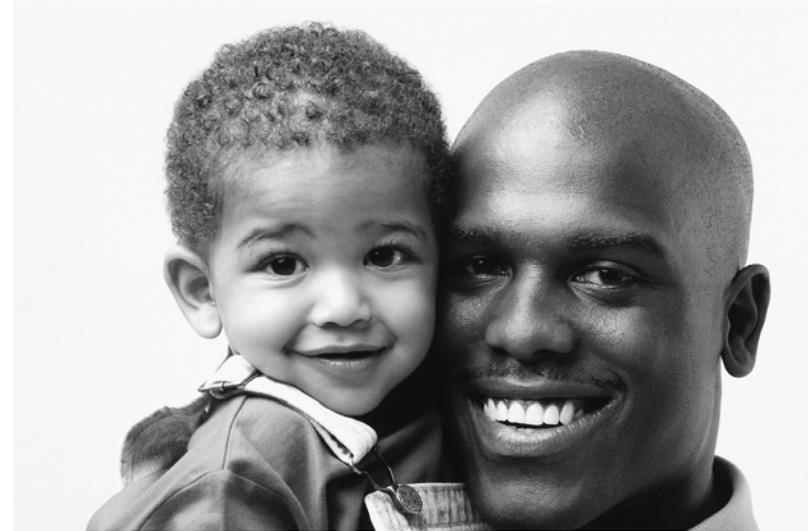
BREASTFEEDING IS HIGHLY RECOMMENDED!

- Baby should be fed as needed, but not latched to the breast all night long.
- Baby's teeth need to be wiped with a wash cloth twice a day so that plaque is removed.
- Breastfeeding can continue to the age that best works for mom and baby.



CLEAN BABY'S TEETH DAILY

- Cleaning the teeth daily will help stop cavities.
- Mom can wipe the teeth clean with a clean wash cloth during 1st months.
- As baby gets older, a **soft**, small tooth brush can be used to gently brush baby's teeth.
- Use a **'pea'** sized amount of toothpaste.



REMEMBER:



- Don't let young children run around with a toothbrush, they could fall & be hurt.
- Let your child learn by trying to brush by themselves, **but then finish brushing their teeth yourself.**
- A count of 1,2,3 'cheerios swirls' for each tooth is great. ●

EATING HABITS

GOOD

- Regular eating schedules
- Family meals
- Healthy snacks (baby carrots, sliced cucumbers, some crackers)



BAD

- Candy, cookies, other sweets with lots of sugar.
- Excessive juice
- Sodas, Kool-aid
- Gatorade and other energy drinks.



JUICE



- Juice, although healthy, is high in natural sugars and should be consumed in moderation.
- Juice should be limited to **no more than 4 ounces (½ cup) per day.**
- **Always choose 100% fruit juice**, with no added sugars.
- Juice may be diluted to ‘stretch’ 4 ounces throughout the day.
 - For example: mix 2 ounces of apple juice with 2 ounces of water.
 - This allows your child to enjoy juice twice a day without compromising oral health.



DENTAL CHECK-UPS



- If your child has not seen a dentist yet, make an appointment today.
- As soon as you see baby's first teeth, the child should be seen by a dentist.



FLUORIDE VARNISH



- Strengthens teeth and helps prevent cavities
- Both medical and dental offices can apply
- Very easy to apply



IT'S UP TO YOU...

- Taking good care of yourself as the mom, will give your baby a better start in life.
- Your baby needs you to make sure that he/she has a great start to a healthy mouth.
- **You can do it!**

