

Healthy Care for the Mouth of Expectant Mothers and Babies



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Thinking about things that can improve oral health



- ◆ I am going to go through these pages with you.
- ◆ We are going to talk about care and habits in daily life that protect and strengthen teeth and gums
- ◆ As we go I will explain why each is helpful
- ◆ You may do many of these already
- ◆ As we go please think about whether you and your family do these now or might plan to do them
- ◆ If you have questions, please ask

Why is a Healthy Mouth Part of Healthy Pregnancy?



- ◆ Mother's gum disease can lead to early birth
- ◆ Cavities in mother's teeth can get passed on to babies



Why is a Healthy Mouth Part of Healthy Pregnancy?



- ◆ Swollen and bleeding gums can be signs that there are small infections deep around the teeth that can spread and affect pregnancy health.
- ◆ Women with gum disease are more prone to pre-eclampsia (high blood pressure in late pregnancy) as well as giving birth to tiny and immature (premature) newborns
- ◆ Any woman who was told before she is pregnant that she had gum disease or had bleeding of her gums before she got pregnant ***should get to the dentist as soon as she can.***
- ◆ Proper care can prevent gum disease from worsening, spreading and affecting the rest of the body.
- ◆ Cavities are caused by a germs that remain in the mouth unless the cavity is repaired.
- ◆ Repair cavities to rapidly decrease germs in mothers mouth.
- ◆ Repairing mom's cavities helps prevent cavities in her baby.

Sharing Cavity-Causing Germs Happens Easily



Sharing Cavity-Causing Germs Happens Easily



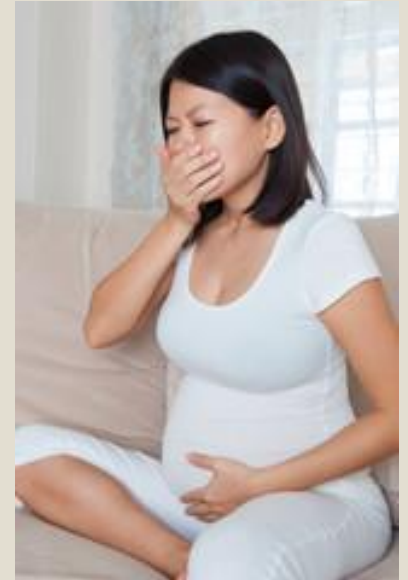
- ◆ Anything put in the mouth of one person can pass cavity-causing germs to the other.

- ◆ Babies and children can get cavities this way.
 - Adults should not clean pacifiers or baby spoons in their mouths.
 - Adults should not chew food before they give it to baby
 - Adults should not test the temperature of baby's food with their own mouth.
 - Adults should not eat from foods offered by older babies.

How Does Pregnancy Affect Oral Health (Health of the Mouth) ?



- ◆ Vomiting and heartburn are common in pregnancy and encourage cavities to form and grow.
- ◆ High sugar food and drinks that many pregnant women crave to eat and drink make cavities worse.
- ◆ Gum swelling is common in pregnancy and can become gum disease.



How Does Pregnancy Affect Oral Health (Health of the Mouth) ?



- ◆ Most women have vomiting, heartburn or acid reflux in pregnancy. The acid that comes into the mouth from the stomach makes the mouth more prone to the develop cavities!!
- ◆ Many women start to crave high sugar and high starch foods when pregnant AND Doctors, nurses, midwives and friends often tell women that if they eat crackers or starchy food often their nausea will be better. ***These make it more likely that women will get cavities or make their cavities worse.***
- ◆ Women may have gum swelling from change in hormones during pregnancy. This can cause common gum disease (gingivitis) to become a more serious condition. (Periodontitis- loss of gums and bones that hold teeth in place)
- ◆ Ladies who have diabetes have swelling gums and gum disease more often. Getting to the dentist early in pregnancy for professional teeth cleaning is most important when a women who has diabetes and is pregnant.

Protect the Mouth from Cavities After Vomiting or Heartburn.

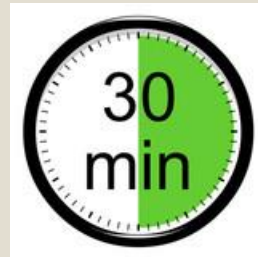


- ◆ Mix 1 teaspoon of baking soda + 8 ounces of water



- ◆ Rinse your mouth several times with this mixture and spit it out.

- ◆ WAIT 30 minutes



- ◆ **Then** Brush teeth with fluoride toothpaste on a soft toothbrush.



Protect the mouth from cavities after vomiting or heartburn.

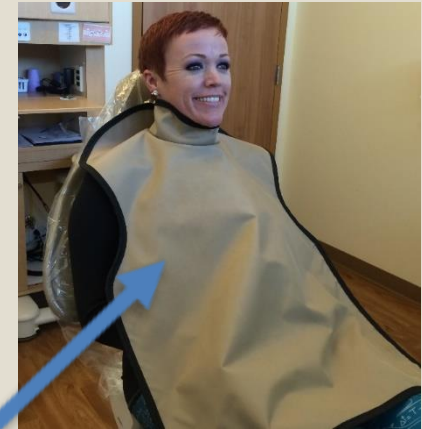


- ◆ Vomiting (and bad heartburn or reflux) brings acid into the mouth. The acid weakens the teeth.
- ◆ Rinsing the mouth with this baking soda rinse can protect teeth from weakening.
- ◆ After rinsing WAIT a half an hour (30 minutes) and then brush teeth with a soft toothbrush using fluoride toothpaste (Colgate, Crest, etc.).
- ◆ Brushing right after vomiting or too soon after rinsing can actually brush away some of the protective enamel from teeth.
- ◆ Fluoride in the toothpaste helps the teeth repair and become stronger.

Visit the Dentist in Pregnancy



- ◆ Getting teeth cleaned protects from gum disease
- ◆ Getting cavities filled makes the mouth healthier for mother and new baby
- ◆ Dental x-rays are safe care with proper protection



Visit the Dentist in Pregnancy



- ◆ ***All women should get a dental appointment in pregnancy; women who have been told they have gum disease and those with diabetes should make it top priority.***
- ◆ They should get their teeth cleaned and an exam to check for cavities (this usually includes an x-rays).
- ◆ Women should get teeth cleaned to protect the gums.
- ◆ Women should get fillings by the dentist in the teeth that have cavities. (This may take going back to the dentist for a second visit).
- ◆ X-rays are safe in pregnancy as long as proper covering of the neck and pregnant belly is done. Women may find that the dentist they go to does not do x-rays and treats teeth by what can be seen with the eye only. It is better to get this type of care than none.
- ◆ Some dentists may require a note from the Doctor or midwife giving pregnancy care to a pregnant woman. Please tell the mom to ask when she makes an dental appointment if she needs a permission note to receive dental care.

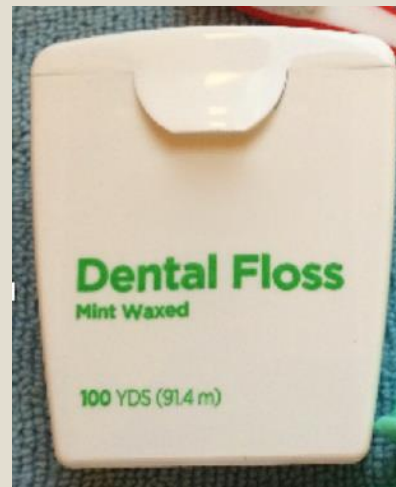
Self-Care Every Day Makes Good Oral Health (of the mouth)



- ◆ Brush teeth at least twice a day
 - Use toothpaste with fluoride
 - Use a Soft toothbrush



- ◆ Floss between teeth every day



Self-Care Every Day Makes Good Oral Health (of the mouth)



- ◆ ***Brush at least twice a day with fluoride toothpaste. Best is to brush after every meal and at bedtime, but most people just can't do that.***
- ◆ Soft tooth brush is ***always best for*** teeth brushing.
- ◆ When a person brushes they should be sure to brush where teeth and gums meet.
- ◆ Gums that bleed when brushed are best cared for by brushing (even though this seems strange). Brushing the gums will make them stronger and they eventually will not bleed.
- ◆ ***Floss between teeth at least once a day.***
- ◆ Flossing gets to the areas where germs gather and build up causing gum disease and cavities.
- ◆ Flossing is a great protection practice for the mouth.

Self-Care Every Day

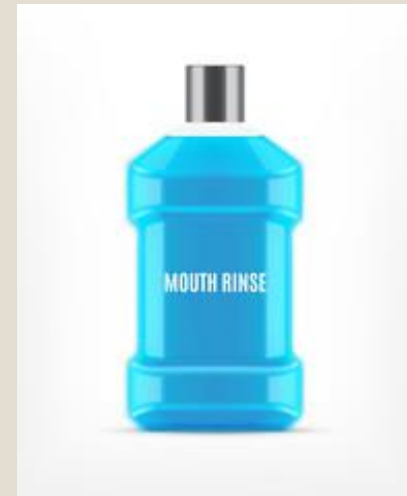


- ◆ Chew gum with xylitol as first ingredient (after meals, for 5 minutes, 3-5 x a day)



Percent Daily Values (DV) are
INGREDIENTS: XYLITOL; GUM
CONTAINS 2% OR LESS OF

- ◆ If you use mouth rinse, be sure it has fluoride.



Self-Care Every Day

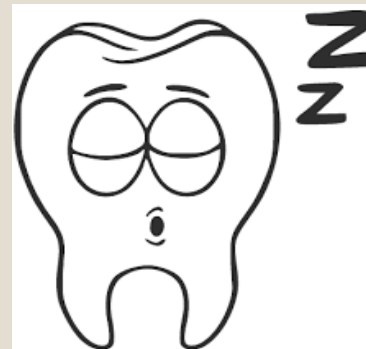


- ◆ Xylitol comes in some chewing gums and candies. The BEST gum to use is when xylitol is listed as the first ingredient on the label (see the picture)
- ◆ It is a natural sweetener that does not promote cavities. It also helps protect teeth if used often (after meals and at night). Some studies suggest that mother's chewing xylitol gum regularly helps protect their baby's teeth.
- ◆ Fluoride strengthens teeth and helps keep them from getting cavities. Using a mouth rinse with fluoride is a good oral health habit

Give Teeth Rest to Heal



- ◆ Teeth repair and strengthen when a person is not eating or drinking sweet or starchy foods.
- ◆ *Between meals and snacks, drink only plain water !!*
- ◆ Take at least a two hour break between meals and snacks!



Give Teeth Rest to Heal



- ◆ Teeth actually heal or repair when a person is not eating any food. When there is not food in the mouth, healing minerals go back into teeth to make them stronger.
- ◆ So heal your teeth every day! ***Take breaks from eating or drinking anything other than water.*** Two hours is ideal!
- ◆ Avoid sipping sugary drinks or sweet tea or coffee with sugar or milk throughout the day. This stresses your teeth and promotes cavities.

Eat Healthy for Good Oral Health



- ◆ Eat vegetables and fruits every day
- ◆ Drink plain water!
Sweet drinks with meals only
- ◆ Between-meal snacks without lots of sugar and starch. (Meats, Nuts, cheese and seeds are good choices)



Eat Healthy for Good Oral Health



- ◆ Eating healthy as you know supports a healthy pregnancy.
- ◆ Now you have one more reason to eat mostly vegetables, meats, nuts, fruits and seeds. They do not promote cavities.
- ◆ AVOID:
 - Starchy foods (like tortillas, breads, sugary cereal and crackers)
 - Sugary foods and drinks (like candy, cakes, soda pop, sports drinks and lattes).
- ◆ Plain water is the best thing you can drink! You may want to drink plain water with fluoride added if you know the water where you live does not have it.

Healthy Mouths Make Healthy Babies



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Educator Introduction Slide



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Germs Cause Cavities



Germs Cause Cavities



- ◆ Babies are born without any of the germs in their mouths that can cause cavities in teeth
- ◆ Family members or caregivers of the baby who have cavities can pass the cavity germs to the baby even before the baby has teeth
- ◆ The germs live in saliva (spit) of people who have cavities
- ◆ People with cavities who use the spit in their mouths to clean the baby's pacifiers or bottle nipples can pass the germs to the baby
- ◆ Sharing the same cup, spoon or food spreads mouth germs to the baby

The **MOST COMMON** Chronic Disease in Children - Early Childhood Cavities = ECC



Bacteria is passed from mother/caregiver to baby

+



Frequent & prolonged exposure to sugary liquids

+



Not cleaning baby's mouth/teeth;
no dental checkups

=



ECC

The **MOST COMMON** Chronic Disease in Children -Early Childhood Cavities = ECC



- ◆ Cavities can happen even before the baby is one year old
- ◆ Cavities cause tooth infection and pain for the baby
- ◆ The tooth pain can make the baby not sleep or eat well. As you know, not eating well can slow healthy growth

Children Can Grow Up Cavity Free



Children Can Grow Up Cavity Free



- ◆ Baby teeth hold space for the adult teeth to come in.
- ◆ Adult teeth can come in more crooked if baby teeth are removed too early
- ◆ Having healthy baby teeth helps the young child learn how to speak clearly
- ◆ Children with healthy teeth have fewer ear and nose infections
- ◆ Children with infected teeth sometimes have a harder time doing well in school

You Can Help Keep Your Baby's Mouth Healthy



You Can Help Keep Your Baby's Mouth Healthy



- ◆ When your baby is born:
- ◆ Start wiping the baby's gums after feeding to keep breastmilk or formula from staying in the mouth
- ◆ Use a soft cloth to clean the gums
- ◆ If you do this, the baby will get used to having gums or teeth cleaned after feeds

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Sharing Cavity-Causing Germs Happens Easily



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 - Adults should not test the temperature of baby's food with their own mouth.
- ◆ Adults should not share foods with babies.



Check your child's teeth

LIFT the LIP

and look inside

Look for early signs of tooth decay once a month

Healthy Teeth



White lines along the gum line



Make
A Dental
Appointment
NOW!

Brown or yellow spots that don't brush off



Make AN
URGENT
Dental
Appointment!



Talk to your Doctor or Nurse
about your child's teeth

Keep your child's teeth healthy with 3 easy steps



Put your baby to bed without a bottle
(stop the bottle at around 12 months of age)



Start drinking from a cup at around 6 months of age
(boil tap water until 12 months of age)



Start brushing when your baby gets their first tooth
(use low fluoride toothpaste from 18 months of age)

Lift the Lip



- ◆ With the baby's first tooth begin lifting and lowering the lips to watch those little teeth come in
- ◆ Check for any white spots on the tooth where it meets the gums
- ◆ Check for white spots on the teeth when brushing or when the baby is sleeping
- ◆ If you see white spots get an appointment with your Dentist
- ◆ Make this part of baby's routine care to prevent cavities

Making a Healthy Mouth: Start with the First Tooth



Making a Healthy Mouth: Start with the First Tooth



◆ Mouth Care:

- Brush teeth with a soft toothbrush or finger brush at least two times a day – morning and bedtime
- Use rice-size amount of fluoride toothpaste
- Do not use more toothpaste as it can cause white lines in permanent teeth
- Toothpaste and water should be the last thing to touch teeth before sleep at night
- Water with fluoride is best.
- Fluoride helps to make the teeth strong
- Make an appointment to see the Dentist by age 1

Teeth Friendly Feeding



Water only in Bottles or Sippy Cups



Teeth Friendly Feeding



- ◆ Choose between meal snacks like meats, cheese or vegetables
- ◆ Use only water in sippy cup between feedings
- ◆ Give sweet foods and juice at meal time only
- ◆ Babies should not drink sodas or sports drinks
- ◆ If using bottles, avoid formula for night time feeds after six months of age
- ◆ At six months of age:
 - ◆ Encourage use of water only for night time feeding
 - ◆ Start use of a cup or sippy cup
- ◆ Stop use of bottles by age 1
- ◆ Avoid sticky foods like suckers (lollipops) and hard sucking candies

Get Fluoride Varnish on Your Baby's Teeth



◆ Fluoride Varnish

- Can get it from Dentist or Medical Provider
- Every 3-6 months
- Safe
- Effective
- Easy to apply



Get Fluoride Varnish on Your Baby's Teeth



Keep Your Baby Cavity Free

- ◆ Start mouth care at birth
- ◆ Don't share mouth germs
- ◆ Do teeth-friendly feeding
- ◆ Stop all bottles by age 1
- ◆ Lift and lower your baby's lips to check teeth
- ◆ If you see white spots get an appointment with your Dentist
- ◆ From the first tooth, brush with fluoride toothpaste
- ◆ Use water with fluoride
- ◆ Avoid sticky foods
- ◆ Give sweet foods and juice with meals only
- ◆ Make an appointment with the Dentist by age 1