CHAMP

Children's Health and Maintenance Program

Children's Health &
Maintenance Program

ORAL HEALTH CARE

Herman Ostrow
School of Dentistry
of USC

PRENATAL

Taking care of your teeth while you are pregnant is important for you and your baby. Gum disease during pregnancy may cause problems such as low birth weight, stillbirth, and other complications during pregnancy.

Mothers and caregivers can pass germs that cause tooth decay to children. Help your baby develop and grow healthy by:

- Taking good care of your teeth before, during and after pregnancy

- Brushing your teeth with fluoride toothpaste regularly for 2 minutes twice daily and by flossing daily

- Choosing healthy snacks

- Visiting your dentist regularly. Dental care during pregnancy is safe
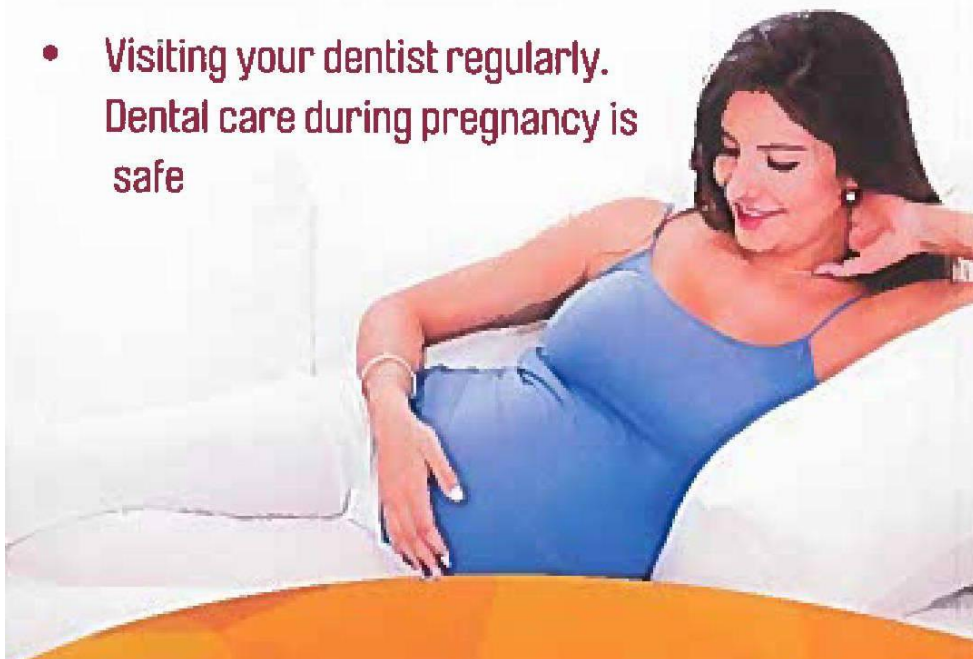
- Start early after birth, wiping your baby's gums and tongue gently with a clean and soft washcloth

- As soon as the first tooth appears in the mouth, brush with a soft-bristle toothbrush using a smear of fluoridated toothpaste and wipe the extra foam off

- Near your baby's first birthday, teach your baby to drink from a regular cup (not from a bottle or a sippy cup)

- Do not put your baby to bed with a bottle filled with juice or milk

- Establish a bedtime routine that involves cleaning your baby's mouth after the last feeding

- Take your baby to the dentist before his/her first birthday
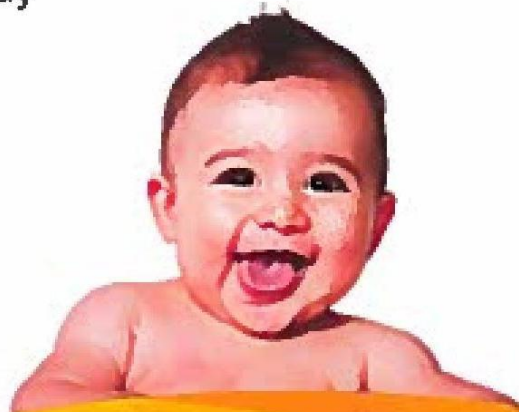
- Between meals don't give your child sweet drinks or juice

- Brush your child's teeth with a smear (size of a rice grain) of fluoridated toothpaste twice daily: after breakfast and before bed. For more information please visit: http://www.mouthhealthy.org/en/babies-and-kids/healthy-habits

- Children will look forward to brushing when it's pleasant and entertaining! Watch fun videos while brushing: http://2min2x.org/watch-brush/

- Take your child to the dentist on a regular basis for check-ups

- Brush your child's teeth twice daily with a pea size amount of fluoridated toothpaste

- Help your child with brushing and flossing until age 8

- With your help have your child brush teeth for 2 minutes twice daily. Use a timer or hourglass, which can be helpful and fun

- Encourage, rather than force, your child to open his mouth for cleaning. Be creative! Please visit the link for ideas: http://www.mouthhealthykids.org/en/watch-videos

- Take your child to the dentist on a regular basis for check-ups

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