

Your baby's oral health starts with you.



Dental hygiene is important during pregnancy. Pregnant women are at a higher risk of gum disease.





Dental Health Foundation
Ireland

**For tips please
turn over**

Visiting your dentist will help guard against tooth decay & gum disease. Advise your dentist that you are pregnant. Baby should visit the dentist from age 1.

Maternity

- ✓ **Brush twice a day for 2-3 mins with a fluoride toothpaste (at least 1000ppm)** 
- ✓ **Spit, don't rinse after brushing**
- ✓ **Floss daily**
- ✓ **Choose healthy snacks between meals** 
- ✓ **Keep hydrated. Choose water or milk instead of sugary drinks**
- ✓ **Limit 100% fruit juices and smoothies to meal times**
- ✗ **Avoid sugary snacks and drinks**

0-2 Years

- ✓ **Use a clean damp cloth to clean baby's gums after a feed**
- ✓ **Use a soft toothbrush and water when first tooth appears**
- ✓ **Breastfeed or give breastmilk, formula or cooled boiled tap water in baby's bottle**
- ✓ **Encourage drinking from a sippy cup from 6 months**
- ✗ **Don't use toothpaste unless advised by your dentist**
- ✗ **Don't put sweet drinks, juice, tea or fruit drinks in baby's bottle** 
- ✗ **Don't dip a soother in honey, jam or anything sweet**
- ✗ **Don't let baby sleep with bottle in its mouth**

Mothers to be and babies with additional care needs may need advice from their dental team