A healthy mouth for mother, a healthy start for baby

Dental Care During Pregnancy is Safe and Important

Coach women during pregnancy about how the condition of their teeth and mouth can impact their children’s risk for tooth decay.

- Untreated gum disease in pregnant women can harm their systemic health and may be linked to low birth weight/preterm births.
- Mothers can unintentionally pass cavity-causing bacteria to newborns, increasing children’s risk for tooth decay.
- Children are more than 3x as likely to have tooth decay if their mothers have high levels of untreated tooth decay.

4 Ways Pregnant Women Can Give Their Newborns a Healthy Start

- Make and keep regular dental appointments.
- Brush with fluoride toothpaste at least 2x daily.
- Drink fluoridated tap water every day.
- Talk to a dentist or doctor about ways to prevent or manage dental problems.

For more information and resources, visit www.endcavities.org/during-pregnancy.