

# Milestones for mini mouths



**BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH**

SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS

**CARING FOR YOUR OWN ORAL HEALTH**



YOU'RE BEGINNING TO SEE THAT **ADORABLE SMILE**



**START PROTECTING IT** BY WIPING HIS GUMS WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING



BABY IS CUTTING HIS FIRST TOOTH **START BRUSHING THAT TOOTH**

**TWICE A DAY**

USING A SMEAR OF TOOTHPASTE



WHEN BABY IS READY FOR SOLID FOOD **CHOOSE THINGS WITH NO ADDED SUGAR**



MAKE SURE YOUR BABY HAS A **DENTAL CHECK-UP** **BY HIS FIRST BIRTHDAY**



If you don't have anywhere to take your baby, ask your pediatrician to check his teeth and for a dental referral.



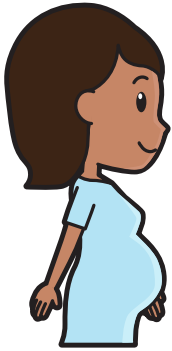
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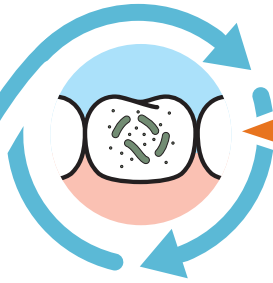


# Now you're brushing for two



WHEN YOU'RE PREGNANT  
YOU MAY BE MORE PRONE TO

**GUM DISEASE  
AND CAVITIES**

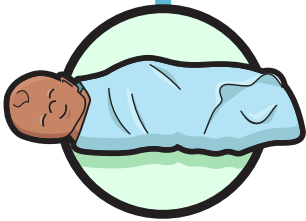


After your baby is born,  
you could pass the  
bacteria that contributes  
to cavities from your  
mouth to hers.



THAT'S WHY  
**EVERY PREGNANT WOMAN  
NEEDS TO VISIT  
HER DENTIST**

**MAKE YOUR APPOINTMENT  
BEFORE THE BABY COMES**





ONCE SHE COMES,  
WE'RE GUESSING YOU'LL  
**BE PRETTY BUSY**



Tips to keep your  
mouth healthy



IF YOU HAVE  
**MORNING  
SICKNESS,**  
RINSE YOUR MOUTH WITH  
**ONE TSP OF BAKING SODA  
IN A GLASS OF WATER**  
AFTER YOU GET SICK.

**2x**    
BE SURE TO  
**BRUSH TWICE A DAY  
AND FLOSS DAILY**

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