

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 and www.aap.org

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children's
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The information contained in this publication should not be used as a substitute for medical care and the advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Dental Care During Pregnancy is **Safe and Important**

A healthy mouth for mother, a healthy start for baby



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