

# Pregnancy, Your Baby, and Their Oral Health

## Pregnancy

It is important that you maintain good oral health during pregnancy. The bacteria that causes periodontal disease and tooth decay can affect your baby's health. You should see your family dentist on a regular basis throughout pregnancy to maintain optimal health for you and your baby.

Our dentists are trained in treating pregnant patients, and we are up to date on the safest antibiotics and dental anesthesia for pregnant women. Did you know that the bacteria that causes tooth decay in your mouth is passed to your child during kissing and sharing of food and drink? Make sure the kisses you give your child are Clarence Street Dental approved for a healthy start to your baby's life.



## During Your Child's First Visit, One Of Our Dentists Will:

- ✓ Check for decay and assess your child's risk of decay
- ✓ Assess crowding and tooth rotations for possible future early orthodontic intervention
- ✓ Discuss with you any oral habits your child may have, such as: thumb sucking, soother use, and tooth grinding
- ✓ Review nutrition and daily bottle/breastfeeding habits
- ✓ Review fluoride required both topically and systemically
- ✓ Determine when your child should be seen again for the next routine examination (usually every six months)

Our state-of-the-art technology includes digital radiographs (which significantly lower your exposure to radiation), same-day crowns, and same-day emergency care. Each room is equipped with an Apple TV, allowing our pediatric patients to watch their favourite movie or cartoon during their visit.

## Breast And Bottle Feeding

Infants should finish feeding at bedtime or naptime before being placed in the bed.

Once your baby's first tooth erupts, do not allow your baby to breastfeed constantly or fall asleep while breastfeeding.

No substance should be placed into your baby's bottle except formula, breast milk, or water. Never put juice, chocolate milk, sugar, or honey into your baby's sippy cup or bottle. Even watered-down drinks can cause tooth decay and be damaging to your child's teeth.

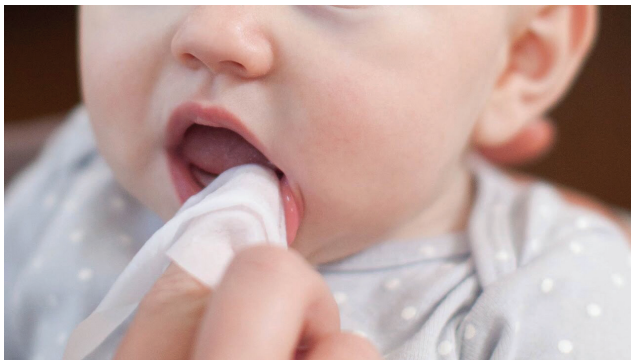
To reduce your child's risk of decay, encourage your child to use a cup (not a sippy cup) by his or her first birthday.



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## What Causes Tooth Decay?

Tooth decay is the single most common chronic childhood disease. It is five times more common than asthma. The great news is that this disease is preventable! Tooth decay is caused by bacteria, which turns sugar from our food and drink into acid. The more frequent the acid attacks, the more risk your child has for tooth decay.



## When Can Decay Start?

Your child can have tooth decay as soon as the first tooth erupts. The first baby teeth usually come in at 6 months of age. It is important to begin the habit of wiping your child's mouth after feedings from birth. Wiping your baby's mouth with a cloth at an early age helps to keep the teeth clean and prepare your baby for the introduction of a toothbrush. Wiping of the mouth after feedings also decreases the risk of thrush, or yeast infections, in your baby's mouth.

## Frequency Versus Amount

Did you know that the frequency of consumption of sugary foods and liquids is just as important as the amount? Junk food is not the only food that can cause tooth decay. Milk, breast milk, and formula are also causes of tooth decay. The more frequently your child puts food or liquid in their mouth, the more at risk they are for tooth decay. Children who are "grazers" and tend to snack all day are more at risk of tooth decay than a child who has less frequent snacks.



**Please feel free to contact us if you have any questions or concerns. We are always here to help you!**  
**Please call 519.756.8080 today to schedule your child's FREE first dental visit.**