

Your child is healthier with a healthy mouth

1 Have a dentist or doctor check your child's teeth by age 1.

2 As soon as teeth appear brush twice daily with a small amount of fluoride toothpaste.

3 Floss once a day as soon as teeth touch.

4 Give teeth breaks between meals and snacks. Teeth need time to rest to prevent cavities.

5 Make sure your child has regular oral health checkups to prevent decay.



A healthy pregnancy includes taking care of your mouth

During pregnancy a bad tooth or gum infection can spread through your body leading to serious health problems. After your baby is born, you can pass cavity-causing germs to your baby through:



kissing



sharing utensils



putting baby's pacifier in your mouth

So be sure your mouth is healthy before your baby is born. Schedule your appointment now:

TheMightyMouth.org/schedule

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MIGHTY MOUTH™

UNLEASH THE POWER OF ORAL HEALTH

TheMightyMouth.org