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

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