



# Keep Your Teeth and Mouth Healthy! Protect Your Baby, Too.



## You can protect your teeth.

### It is important to:

- Brush with fluoride toothpaste at least twice every day using a soft toothbrush
- Floss your teeth every day

### See a dentist right away if you have:

- A toothache
- Sore or bleeding gums
- A broken tooth
- Pain or swelling inside your mouth
- Any other dental problem

## Get your cavities filled before your baby is born.

- Germs in your mouth cause tooth decay
- You can pass tooth decay germs in your mouth to your baby
- Your baby can get cavities from the germs in your mouth that you have passed to them

## Here's how you can prevent your baby from getting cavities:

- Take care of your own teeth
- Never share your baby's spoon or fork
- Don't taste your baby's food or blow on it to cool it, before giving it to your baby
- Clean your baby's pacifier with water, not by licking it
- Clean your baby's teeth every day with a tiny dab or smear of fluoridated toothpaste
- Take your baby to see the dentist by age one