

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

TIPS FOR KIDS AND MOMS-TO-BE TO KEEP THEIR TEETH AND GUMS HEALTHY

PREGNANCY



EARLY PREGNANCY

It's important to see a dental provider early in pregnancy.

Dental treatment is safe and can be done during any trimester.



MID PREGNANCY

Gingivitis or gum inflammation is more common during pregnancy due to hormones.

Gingivitis can lead to gum disease if not treated, which is associated with having a baby too early and too small.



LATE PREGNANCY

Cavity-causing germs can spread from your mouth to your baby's mouth.



Four by Three

4 FLUORIDE VARNISHES BY AGE 3 REDUCES CAVITIES

CHILDHOOD



6 MONTHS OLD

If your baby drinks from a bottle put only breast milk, formula or fluoridated tap water in the bottle.

Never let your baby fall asleep with a bottle.



1 YEAR OLD

Schedule a dental visit before your baby's 1st birthday.

Have your health care provider look at and apply fluoride varnish to your baby's teeth.



3 YEARS OLD

Help your child brush with fluoride toothpaste twice a day.

They need help until they are 7-8 years old.



6 YEARS OLD

Dental sealants protect teeth from cavities. Ask your dental provider for more information.

AT ANY AGE, KEEP YOUR MOUTH HEALTHY BY BRUSHING WITH FLUORIDE TOOTHPASTE 2X/DAY AND FLOSSING 1X/DAY.

ORAL HEALTH IS IMPORTANT ALL YEAR AND AT EVERY AGE



Drink tap water with fluoride in between meals.



Choose drinks that are low in sugar. Juice and soda have sugar.



Baby teeth are important! Cavities in baby teeth are more likely to result in cavities in adult teeth.



Go to regular dental visits.



Oral Health is important for overall health.



COLORADO
Department of Public
Health & Environment



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