

What do I do after the baby is born?

- Breast feed your baby for at least 1 year.
- Start giving solid foods to your baby from 6 months.
- Use a different spoon to taste your baby's food - do not use your mouth to clean baby's spoon.
- Use a cup from 6 months of age when giving drinks other than breastmilk.
- Start cleaning your baby's teeth as soon as they appear, using a cloth or soft toothbrush with a little toothpaste.
- Give the baby their own toothbrush.

How do I access dental services?

Talk to your midwife about your teeth and gum problems or get a dental check up at a reproductive child health or antenatal clinic.

Getting your teeth checked during pregnancy is free at most services like Ilebula. If you need dental treatment, there is a cost.



HEALTHY TEETH DURING PREGNANCY



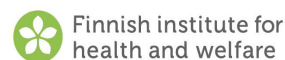
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Why are my diet and teeth so important during pregnancy?

Nutrition and the health of your teeth affect your baby's health and development during pregnancy and the whole life span.



Eating healthy food protects you and your baby from many diseases.



Signs and symptoms of poor oral health during pregnancy

Swollen/bleeding gums



Loose/missing teeth



Sensitive teeth or gums



Tooth ache



Holes in teeth (decay)



Chipped teeth



What can I do for my teeth and gums during pregnancy?

Eat regular varied meals. Rinse your mouth with clean water after every meal.



Choose fruits for snacks and avoid sugary drinks. Sweet foods and drinks may cause holes in your teeth.



Brush your teeth twice daily using toothpaste with fluoride.

