

It is especially important to keep your teeth and gums healthy during pregnancy and after the birth of your baby.

The hormonal changes that occur during and after pregnancy can affect your gums, they may become swollen and inflamed. It is important to brush your teeth twice a day with a pea sized amount of toothpaste that contains at least 1350 parts of fluoride, taking extra care to clean carefully along the gum line.

It is important to eat a healthy balanced diet, containing a large variety of foods including at least five portions of fruit and vegetables a day, and to avoid sugary snacks and drinks which increase the risk of tooth decay.

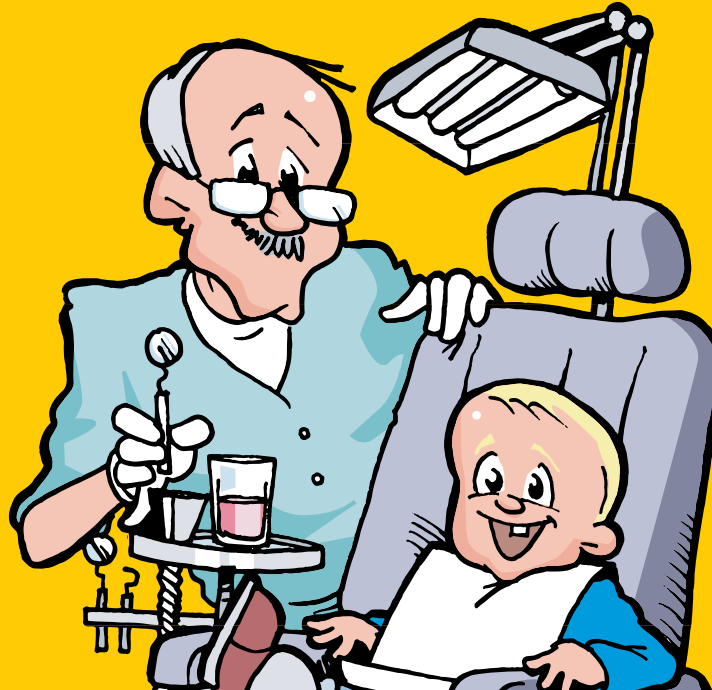


It is recommended children visit a dentist from the first tooth developing.

To find an NHS dentist please contact the Dental Health Promotion team on 01226 433764 or www.barnsley.nhs.uk or contact your local Children's Centre.



In partnership with local health professionals.
If you have any doubts or questions contact your local health worker.



For more information about dental health for you or your baby contact the **Dental Health Promotions Team**
Tel: 01226 433 764
www.barnsley.nhs.uk

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Healthy Teeth

for mum & baby during & after pregnancy



When will my baby's teeth grow?

Your baby's teeth begin to form within the first few weeks of pregnancy and on average develop through the gums at around six months old.

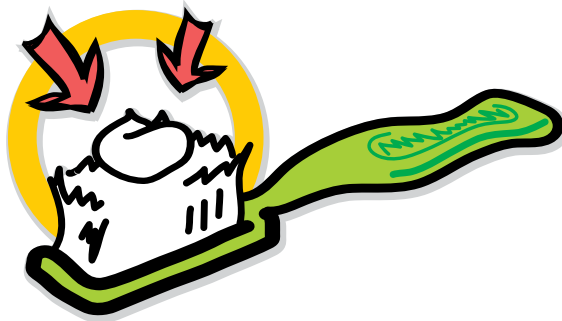
A healthy mouth and teeth are important for a child's self confidence, smile, eating and speech. It is vital to keep children's teeth healthy, if milk (baby) teeth are lost due to tooth decay it can result in overcrowding of the adult teeth.

Upper Teeth	When tooth emerges (months)	When tooth falls out (years)
Central Incisor	8-12	6-7
Lateral Incisor	9-13	7-8
Canine (cuspid)	16-22	10-12
First Molar	13-19	9-11
Second Molar	25-33	10-12

Lower Teeth	When tooth emerges (months)	When tooth falls out (years)
Second Molar	23-31	10-12
First Molar	14-18	9-11
Canine (cuspid)	17-23	9-12
Lateral Incisor	10-16	7-8
Central Incisor	6-10	6-7

How much toothpaste should be used?

It is advised to introduce a toothbrushing routine twice a day from when the first tooth appears, using a smear sized amount of toothpaste containing at least 1000 parts per million of fluoride, increasing to a pea size amount of toothpaste by the time your child has all 20 baby teeth (36 months).



For your child to receive the maximum benefit from the toothpaste it is encouraged they spit out the excess toothpaste but there is no need to rinse after brushing.

It is important to supervise your child's brushing until they are at least seven years old.

What causes tooth decay?

The main cause of tooth decay is not only the amount of sugar in the diet, but how often it is eaten or drunk. The more often your child has sugary foods or drinks, the more likely they are to have tooth decay.



It is widely accepted that breast milk is the best food for your baby, it is recommended that you just give your baby breast milk during the first six months of life.

Experts agree at six months most babies are ready to start on solid food. Introducing a good variety of healthy foods from the start will help lay the foundations for healthy growth and development. Limit sugary foods and drinks to meal times only (even juices promoted for babies may contain 26 tea-spoons of sugar).



Introduce water to quench thirst from six months through a free flow cup to help prevent tooth decay.

If the introduction of a dummy is being considered ensure breastfeeding is well established (at least for six weeks) before a dummy is introduced. An orthodontic type of dummy may minimise the risk on the impact of jaw/tooth development compared to a traditional (cherry) style dummy.

A dummy should never be a substitute for comfort, attention or feeding and should be discouraged from use before the baby's first birthday.

It is recommended children visit a dentist from the first tooth developing. NHS dental treatment is free during pregnancy and until babies first birthday and continues to be free for children up to the age of sixteen.

When should I introduce a toothbrush?

Introduce a small headed soft nylon bristled children's toothbrush as your baby starts teething, signs of teething are:

- Dribbling more than usual
- Difficulty in sleeping
- Chewing or biting on hard surfaces
- Flushed cheeks
- Restlessness

There are a number of teething aids available to buy from cooling teething rings to traditional pain relief medication suitable for babies (ask your local pharmacist for more details).