

# 5 tips to keep your teeth healthy during pregnancy



## Brush teeth with fluoride toothpaste for two minutes, twice a day

Use a soft toothbrush with a pea-sized amount of adult (full strength fluoride) toothpaste.

Floss regularly to help keep teeth and gums healthy.

Avoid sharing your toothbrush with other people and replace your toothbrush every three months.



## Spit, don't rinse after brushing

Fluoride in toothpaste helps prevent tooth decay. Avoid eating or drinking after brushing teeth, especially at night so the fluoride can keep working to protect and strengthen teeth.



## Drink tap water and milk

Tap water is free, sugar-free and most water supplies across Wellington are fluoridated to support good oral health.

Milk with added calcium and Vitamin D can help support your nutritional needs during pregnancy.

Avoid sugar sweetened drinks, these have little nutritional value.



## Eat snacks with no added sugar

Choose and prepare sugar-free foods. Limit sugary snacks to occasional treats.

Do not smoke– smoking can stain tooth enamel, cause bad breath and damage teeth and gums.



## FREE dental care for under 18s

Visit your dentist annually. If you are under 18 years old, dental care is FREE until your 18<sup>th</sup> birthday.

# 5 Tips to keep your baby's teeth healthy (0-6 months)



## Brush teeth with fluoride toothpaste for two minutes, twice a day

Clean your baby's teeth as soon as they start appearing (from 4 ½ months old).

Use a soft cloth or a small, soft toothbrush with a tiny smear of adult (full-strength fluoride) toothpaste.

Fluoride in toothpaste helps prevent tooth decay. Avoid rinsing your baby's mouth after brushing their teeth so the fluoride can keep working to protect and strengthen their teeth.



## Drink tap water and milk

Babies receive their nutritional requirements through breast milk/ formula.

Only put breast milk or formula in your baby's bottle.

Avoid putting baby to bed with a bottle.

Avoid putting honey or other sugars/sweeteners on pacifiers.



## Eat snacks with no added sugar

When introducing solids, choose and prepare sugar-free foods. Limit sugary snacks to occasional treats.

Avoid sharing spoons when feeding your baby.



## FREE dental care for under 18s

Baby teeth are important for eating, speaking and developing jaw shape.

Babies are enrolled at birth into Bee Healthy Regional Dental Service. Your baby will be ready for their first dental check-up when they turn 2 years old.

To make your child's first dental appointment, or if you have any questions or concerns about your baby's teeth before this time, call 0800 TALK TEETH (825 583).



**Bee Healthy**  
Regional Dental Service



 Capital & Coast  
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Ōpōro ki te ūru haukeā

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