

## How to Care for Your Child's Mouth

- 1 Clean.** Clean your baby's gums before teeth come in. Once teeth come in, brush with fluoride toothpaste twice a day, every day, especially before bed.
- 2 Visit dentist.** First visit by first birthday. To find a dentist, call 1-855-45-TEETH (83384).
- 3 No bottle in bed.** Do not lay your baby down with a bottle at nap time or at night.
- 4 Give milk or water.** Give your child milk or water; do not give your child drinks with added sugar, such as soda, juice, or punch.
- 5 Do not share food, spoons, or forks.** If you put food or eating utensils in your mouth, do not put them in your child's mouth to avoid spreading germs that can cause cavities.

**Find a dentist** and schedule an appointment for your child today.

**Learn more** about caring for your child's mouth.

**Spread the word,** let others know it is important to care for their child's mouth.

[www.HealthyTeethHealthyKids.org](http://www.HealthyTeethHealthyKids.org)  
1-855-45-TEETH (83384)



Maryland Dental Action Coalition 6410 Dobbin Road  
Columbia, MD 21045

**Give**  
your child  
a healthy mouth  
for life.



**Healthy Teeth**  
*Healthy Kids*

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# Keep Your Child's Mouth Healthy

## Healthy mouths are important—even for babies and young children.

- Poor oral health can cause your child to have problems eating, speaking, and learning.
- Baby teeth hold space for adult teeth.

## A healthy mouth is necessary for overall health.

- Cavities can cause your child pain and serious health problems.
- You can help prevent cavities by taking care of your child's mouth every day.

## Dental Health Coverage

Maryland Healthy Smiles Dental Program (Maryland's Medicaid Dental Program) covers dental visit costs for pregnant women and children up to age 20. For more information, go to [www.HealthyTeethHealthyKids.org](http://www.HealthyTeethHealthyKids.org) or call 1-855-45-TEETH (83384).



## How to Care for Your Mouth While You are Pregnant

Caring for your mouth while you are pregnant is important. The health of your mouth can affect you and your baby.

**Brush.** Brush your teeth twice a day (especially before bed) with fluoride toothpaste.



**Floss.** Floss your teeth once a day. Use about a foot and a half of dental floss and wrap the ends around your fingers. Gently slide the floss up and down between each tooth.



**Go to the dentist.** It is safe to visit the dentist while you are pregnant.

**Eat fruits and vegetables.** Avoid foods or drinks with added sugar, such as soda, juice, cookies, and candy.

Keep your child's mouth healthy; give your child a healthy mouth for life.

