

Pregnancy and a Healthy Mouth

- Your baby's teeth start to develop around the 6th week of your pregnancy.
- Children are not born with tooth-decay causing bacteria.
- Bacteria can pass over to a baby's mouth on dummies, bottles and spoons (see dental fact sheet on dummy use).
- If you have poor dental health your baby is more likely to have dental problems.

Healthy food choices during pregnancy

- Healthy food choices include vegetables, fresh fruit, bread and cereals, and low fat dairy foods like yoghurt.
- Milk, cheese, soy drink, salmon, almonds, broccoli and baked beans are good sources of calcium.
- Avoid caffeine, soft drink, sports drinks, smoking and alcohol.

Keeping your teeth and gums healthy during pregnancy

- Eat healthy foods, especially those high in calcium for proper development of your baby's teeth and bones.
- Drink tap water every day. Tap water is safe in Australia. It contains fluoride, which helps protect teeth.
- Brush your teeth with fluoride toothpaste twice a day, morning and night. If you have morning sickness DO NOT brush your teeth straight after vomiting - rinse your mouth with water and wipe a smear of toothpaste over your teeth.
- Avoid caffeine, soft drink, sports drinks, smoking and alcohol.
- Visit a dental professional either before or soon after you become pregnant so any problems can be treated immediately. Be sure to tell your dentist you are pregnant.

Interpreter Services

If you require assistance with contacting above services or translation, please call Translating and Interpreting Service (TIS) on 13 14 50.

For other multilingual health information visit www.mhcs.health.nsw.gov.au