









What do I do after my baby is born?



Keep your own teeth and gums clean and healthy as you can easily pass bacteria over to your baby's mouth on dummies, bottles and spoons.

-  Breast feed your baby.
-  Put your baby to bed without a bottle.
-  Only put breast milk or infant formula in feeding bottles and take the bottle away once your child has finished feeding.
-  Use a different spoon to taste your baby's food. Clean your baby's dummy with water. Do not use your mouth to clean it.
-  Introduce a cup from 6 months of age.
-  Start cleaning your baby's teeth as soon as they appear, at around 6 months, using a child-sized, soft toothbrush, but not with toothpaste.
-  Have your child's teeth checked at all child health visits.
-  Take your child to a dental professional by their first birthday.

How do I find out more information?

Contact telephone numbers

Local Health District	Phone Number
Sydney South Western Sydney	02 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee Southern NSW	1800 450 046
Western Sydney	02 9845 6766
Nepean Blue Mountains	02 4734 2387 1300 769 221
Far West Western NSW	1300 552 626



Further copies can be downloaded from NSW Health Website:
www.health.nsw.gov.au/aohs/resources.asp
 or ordered from Better Health Centre -
 Publications Warehouse (02) 9887 5450

Keep smiling while you are pregnant



Taking care of your gums and teeth during pregnancy is important for you and your baby



Why do I have to take care of my teeth and gums while I'm pregnant?

- A lot of changes happen to your body when you are pregnant.
- Pregnancy hormones, morning sickness and some food cravings can increase your risk of having dental problems.
- If you have gum disease, pregnancy can make it worse and this may affect the health of your baby.
- If you have poor dental health your baby is more likely to have dental problems after birth.

What are the signs of gum disease and tooth decay?



- Red, swollen or bleeding gums
- Loose or missing teeth
- Sensitive teeth or gums
- White spots on your teeth near your gums
- Cavities (or holes) in your teeth
- Tooth ache
- Bad breath

What can I do to look after my teeth and gums?

Eat Well



- Eating a healthy diet is important for your health and the health of your baby.
- Eat healthy foods like vegetables, fresh fruit, bread and cereals, and low fat dairy foods like yoghurt.
- Eat protein-rich foods like lean meat, fish, chicken, eggs and nuts.
- Milk, cheese, soy drink, salmon, almonds, broccoli and baked beans are good sources of calcium.
- Cut down on sweets like chocolates and cakes.
- If you have morning sickness eat small amounts of healthy foods throughout the day.



Drink Well

- Drink tap water every day.
- Avoid caffeine, soft drinks, sports drinks and alcohol.
- Eat fresh fruit instead of drinking fruit juice.



Clean Well

- Brush your teeth with fluoride toothpaste twice a day, morning and night.
- Use a soft toothbrush.
- Clean between your teeth and under your gums with dental floss daily.
- If you have morning sickness DO NOT brush your teeth straight after vomiting - rinse your mouth with water and wipe a smear of fluoride toothpaste over your teeth.



Stay Well

- Visit a dental professional either before or soon after you become pregnant for a check-up.
- A dental professional will tell you if you have any problems in your mouth and can give you advice on how to keep your mouth healthy.
- It is SAFE to have dental treatment when you are pregnant.
- Don't smoke - it can cause gum disease, tooth loss and cancer of the mouth. Talk to a health professional or call the Quitline 131 848 for help with giving up smoking.