

## HEALTHY LITTLE SMILES START HERE

During pregnancy, hormonal changes may make your gums more susceptible to bacteria, and remember—you're really brushing for two. Here are some fundamentals to remember during pregnancy to protect your oral health and give your baby the best chance at a healthy smile.







*It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.*

## Oral Health During Pregnancy:

- When you are pregnant, what you eat is important. Eating right will help you and your growing baby stay healthy. Follow your doctor's advice for eating the right foods and taking vitamins.
- Schedule a complete dental checkup before you become pregnant or early in your pregnancy. Your dentist may want you to get more frequent cleanings during your pregnancy, especially during your second trimester and early in the third trimester.
- Experts suggest pregnant women defer elective dental care during the first eight weeks of pregnancy and during late pregnancy.
- Expectant mothers are advised to be concerned about periodontitis as with all other infections.

## Help Little Smiles Last A Lifetime

Growing up can be tough on teeth, but regular visits to the dentist for checkups and cleanings help children develop great smiles. And in between visits, LifeSmile from Delta Dental can help keep your child on the path toward a healthier, happier life.

## Are You Protecting Your Child's Smile?

- Tooth decay is the single most common chronic infectious disease affecting U.S. children.
- Clean your baby's teeth with a clean, soft cloth or a baby's toothbrush.
- At about age six months when the first baby tooth erupts, start brushing your child's teeth with a child size brush and a tiny drop (about the size of a grain of rice) of fluoride toothpaste.
- At about age two, increase to a small pea-size amount of fluoride toothpaste, but until about age six, put the toothpaste on the toothbrush for your child.
- Supervise and help your child brush until age six or until they demonstrate they can do a good job on their own—try brushing their teeth first and then letting them finish.
- Give them a healthy start. Bring your baby to the dentist by age one.

LifeSmile from Delta Dental can help you prevent disease and keep you on the path toward a healthier, happier life for you and your baby. Take advantage of numerous free resources for improving your oral health at [oralhealth.deltadental.com](http://oralhealth.deltadental.com).