Self-care

Take good care of your own oral health! Pregnancy changes your body. These changes can also affect your oral health. However, you can take precautions to prevent damage to your gums or teeth:

- Visit a dental practice at the beginning of your pregnancy and discuss oral health during pregnancy and breastfeeding. Professional dental cleaning can be a good idea.

Hormones can also cause changes to the gum tissue. Such changes could cause the gums to bleed more. If inflammation of the periodontium (periodontitis) is already present, this could even have an unfavourable effect on the course of the pregnancy (increased risk of premature birth or low birth weight).

Frequent snacks with sweet and acidic foods and an altered saliva composition can increase the risk of tooth decay. Snacks with acidic foods or drinks and frequent vomiting can increase the risk of erosion (loss of tooth structure without the involvement of bacteria).



- Make sure you eat a balanced and healthy diet that is low in sugar. Prepare healthy, low-sugar snacks in the morning that you can grab quickly (vegetables, wholemeal products, dairy products).
- Drink almost exclusively water or sugar-free teas.
- Make sure you brush your teeth thoroughly with fluoride toothpaste twice a day (also brush your gums!) and take good care of the gaps between your teeth every day (dental floss, interdental brushes in the right size).

Frequent vomiting can damage tooth enamel and thus lead to erosion.

- After vomiting, rinse your mouth with a fluoride mouthwash or water.

Take care of yourself.
We wish you and your child all the best.

We are always there for you.

If you have any questions, please do not hesitate to contact us.

State Association for Dental Health Baden-Württemberg e.V.

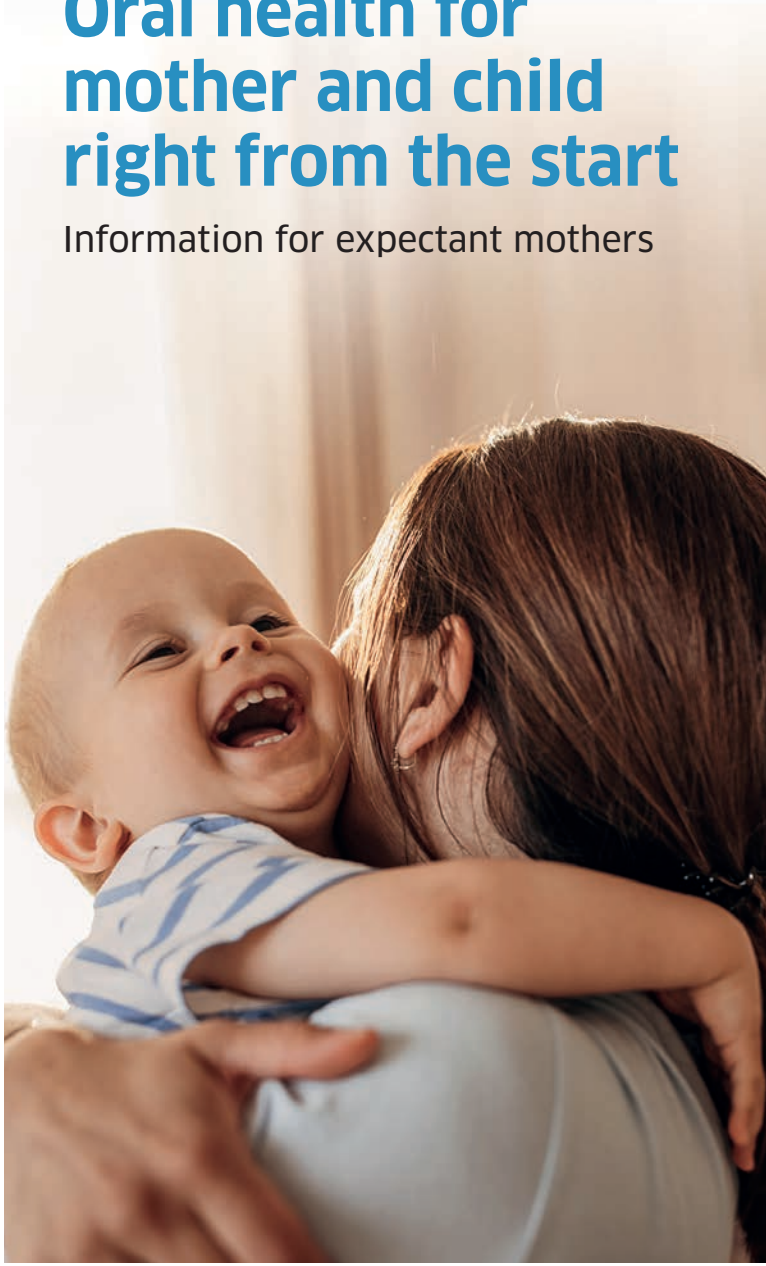
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Oral health for mother and child right from the start

Information for expectant mothers



State Association for Dental Health Baden-Württemberg e.V.

Early childhood caries

Early childhood caries (nursing-bottle caries) is one of the most common chronic diseases in infants and preschool children worldwide. However, it can be avoided by following a few recommendations.





Dietary recommendations

- Breastfeeding is best for your child. Breastfeeding on demand after a child's first birthday, including at night, combined with inadequate tooth brushing, can increase the risk of early childhood caries
- With infants, use baby bottles only for feeding (infant formula)
- Always hold the bottle firmly and do not leave your baby alone with it
- Otherwise, only put water in the baby bottle and get your child used to drinking from an open cup from 6 to 12 months of age
- Do not give sweet drinks in baby bottles, especially not to "soothe" your child



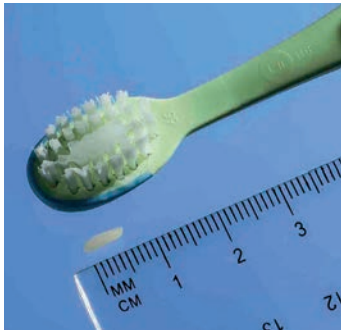
- Avoid giving your child sugary foods (including fruit pouches, etc.)
- Make sure you offer sugar-free snacks (freshly cut fruit and vegetables)
- One sweet not more than once a day as a dessert (from the age of 2 at the earliest)

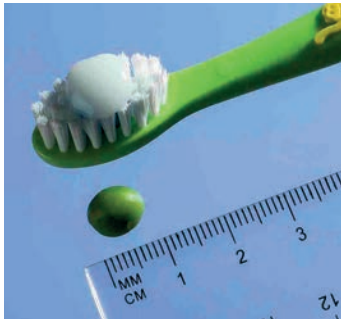
Oral hygiene recommendations

- Brush your child's teeth twice a day as soon as the first milk tooth appears
- Brush the chewing surfaces, outside and inside of the teeth
- Parents should help clean their children's teeth up to the age of 9 or older

Fluoride

- Brushing teeth with a fluoride toothpaste is the best protection against tooth decay – use a toothpaste with a fluoride content of 1000 ppm up to age 6
- Up until the age of 2, the amount of toothpaste should be the size of a grain of rice. As of the 2nd birthday, the amount should be the size of a pea
- If your paediatrician has prescribed vitamin D and fluoride tablets for your child, please speak to your dentist





Visiting the dentist

- First visit to the dentist when the first milk tooth comes through, here you will receive important information about your child's oral and dental health
- Attend regular dental early detection examinations (see yellow U-booklet)

Dummy

Suckling is an elementary need of infants. However, suckling for too long can lead to misaligned teeth and jaws.



Recommendations for using a dummy

- Offer dummies to thumb-sucking babies (the thumb can cause even worse misalignments than the dummy)
- Avoid dummies if possible
- Dummies should not grow with the child
- Wean off dummies by the age of 2
- Use orthodontic dummies



Angled dummy with a thin shaft



Cherry stone dummy with thick shaft made of firm material