

# dental care for **YOU and YOUR BABY**



## Keeping your Mouth Healthy during Pregnancy is important to the Health of your Baby.

Remember to schedule a dental exam during your pregnancy. Make daily oral hygiene a priority during your pregnancy.

Follow the simple steps on how to brush your teeth properly, printed on the other side of this paper.

- Swollen, red, or bleeding gums are not normal.
- Call your dentist if your gums bleed when brushed or floss.
- Ask your doctor or dentist for more tips to protect the health of your teeth during your pregnancy.



*Don't put off  
your dental visit  
during your  
pregnancy!*

## Care for your baby's mouth from the start with the following dental tips:

- Caring for baby's mouth every day is important to prevent cavities.
- Baby teeth get cavities just like adult teeth.
- Cavities are painful and can lead to more serious health problems if not treated early.
- Find your child a dental home by **Age One** and take them two times/year to keep their mouth healthy.

### *Tips to Keep your Child Healthy & Cavity Free*

- Give your child **less or no** candy, junk food or sweetened beverages
- **Only** put your child to bed with a bottle of water
- Begin **brushing** your child's teeth when you see their first tooth appear
- Brush your child's teeth two times every day: morning and always before bedtime.

## Make visiting the dentist a good experience.

Be sure to take your child to the dentist by their **1st birthday**.

**Keeping your  
scheduled  
appointment  
is important.**



If you need help finding a dentist in your area please call:

**855-CT-DENTAL** (855-283-3682)

Monday-Friday, 8 am – 5 pm

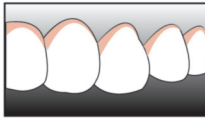
Hearing impaired clients, please dial **711** for Relay Connecticut assistance

A friendly, live person will be happy to help you! We will help you locate a dentist near you, help with transportation and appointment scheduling.

**Connecticut Dental Health Partnership** is the program that provides dental care for Connecticut residents on state HUSKY Health/Medicaid.

**For more information, visit [www.ctdhp.com](http://www.ctdhp.com)**





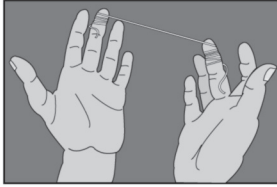
Plaque likes to grow between your teeth and under your gums. Plaque causes dental problems.

## How to use Dental Floss

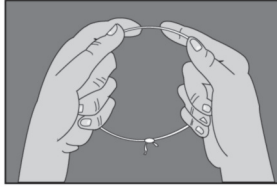


Dental floss removes the plaque growing between your teeth and under your gums.

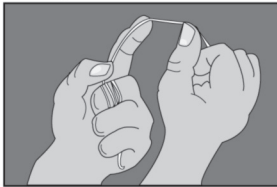
### How to Hold Dental Floss



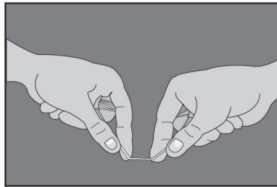
Wrap about two feet of floss around the middle fingers of each hand, or...



...make a loop by tying the ends together.

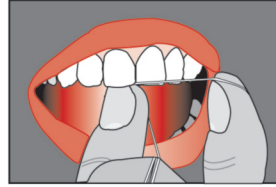


Use your thumb and index finger to guide the floss between your upper teeth.

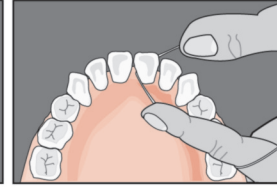


To clean the lower teeth, slip the floss down with your index fingers.

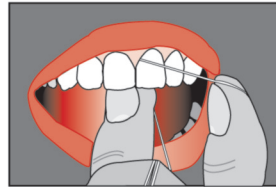
### How to Floss Your Teeth



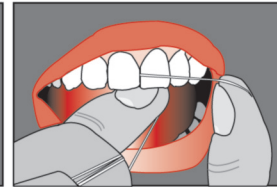
1. Work the floss gently between your teeth.



2. Bend the floss around the tooth in a U-shape.



3. Pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



4. Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.

Be sure to floss both sides of each tooth.  
Move to a clean area of floss after every 2 or 3 teeth.



Brush carefully for 3 to 5 minutes to remove plaque and food particles to keep your teeth and gums healthy.

## How to Brush Your Teeth



A smear of toothpaste is all you need to keep your teeth and gums clean and healthy.

1.

Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.



2.

Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.



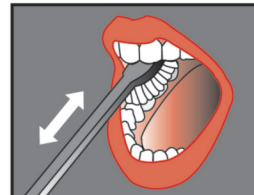
3.

Be sure to brush both the outside and the tongue side of your teeth.



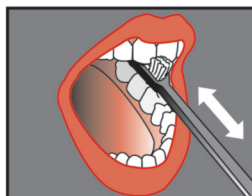
4.

Brush the chewing surfaces of your teeth with a back and forth motion.



5.

Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.



6.

Brush your tongue to remove germs and to make your breath fresh.

