Dental Care During Pregnancy is **Safe and Important**

A healthy mouth for mother, a healthy start for baby

**Coach women during pregnancy about how the condition of their teeth and mouth can impact their children’s risk for tooth decay**

- Untreated gum disease in pregnant women can harm their systemic health and may be linked to low birth weight/preterm births
- Mothers can unintentionally pass cavity-causing bacteria to newborns, increasing children’s risk for tooth decay
- Children are more than 3x as likely to have tooth decay if their mothers have high levels of untreated tooth decay

**4 Ways Pregnant Women Can Give Their Newborns a Healthy Start**

- Make and keep regular dental appointments
- Brush with fluoride toothpaste at least 2x daily
- Drink fluoridated tap water every day
- Talk to a dentist or doctor about ways to prevent or manage dental problems

For more information and resources, visit [www.endcavities.org/during-pregnancy](http://www.endcavities.org/during-pregnancy) and [www.aap.org](http://www.aap.org)

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American Academy of Pediatrics

**Dedicated to the Health of All Children**

children’s dental health project