

Healthy MOM & BABY

When you keep your mouth healthy your baby will be healthier too. You can pass germs to your baby's mouth that may cause cavities when your baby's teeth come in.

Follow these tips to protect your baby's sweet smile!



Healthy Tips for NICU Babies and Moms



Visit a dentist while pregnant to keep your mouth healthy. Keep seeing your dentist for a check up every six months.



Brush your teeth two times every day.



Floss between your teeth every day.

Before feeding



Wash your hands and baby's hands



Wash bottles and feeding tubes

After feeding



Clean your baby with a soft cloth and warm water



Wipe baby's mouth at least two times a day (Even if tube feeding.)



Take your baby to the dentist before their first birthday.



Healthy moms KNOW

for healthy babies to

GROW

she must keep her teeth

CLEAN

and the spaces

BETWEEN



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Get more information at AmericasToothFairy.org