7 Things Every Expecting Parent Should Know About the Oral Health of Their Baby

From Conception Until the First Dental Visit at Age 1
Your oral health matters! And it affects the health of your baby. Studies have shown a link between gum disease in mothers and premature, underweight babies.

You should continue to see your dentist throughout your pregnancy. Besides being cautious during the first trimester, you can and should continue to see your dentist, get routine cleanings, have necessary x-rays taken, and even have treatment completed with local anesthetic without fear.

Your baby is not born with cavity-causing bacteria. The babies actually get the bacteria from saliva sharing activities with parents and/or siblings.

You can and should brush your baby’s teeth as soon as they are visible, twice-a-day, with a soft bristle brush. Only floss the teeth that touch each other.

Breast milk alone, cow’s milk alone, and baby formula alone is very low risk for causing cavities. On-demand breast feeding, or bottle feeding, without previously brushing and flossing what leads to “bottle-rot” or “nursing caries”.

Nothing should ever go into a bottle or sippy cup besides breast milk, water, cow’s milk, or formula.

Your baby should see a pediatric dentist by age 1. Remember the concept of 1-1-0 One dental visit at age one = zero need for costly dental surgery caused by early cavities.

We invite you to contact us to learn more about your new baby’s oral health or schedule an appointment with us today!

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