



Dental Awareness

2.4 million American Indians have dental problems



Morning Sickness

Stomach acid can damage the surface of your teeth. If you throw up, rinse your mouth with water or a fluoride rise right away.



Pregnancy



Calcium



The body takes calcium from your bones and that includes your teeth if you do not eat enough during pregnancy. Eat four servings of dairy and take a prenatal vitamin to ensure your body has enough calcium for your growing baby and your teeth.

Visit the Dentist
Visit your dentist early in pregnancy for a check up.



Avoid Baby Bottle Tooth Decay



Sugars from formula, milk, and juice sit on teeth and give bacteria fuel to grow which can cause tooth decay.

Avoid letting baby fall asleep with a bottle.

Baby



Even if baby does not have teeth, rub their gums nightly with a warm washcloth.

Don't Share Everything

Do not put food or items such as pacifiers that have been in your mouth into your baby's - you will transfer bacteria that can cause tooth decay.



Happy 1st Birthday



Don't wait too long - infants should visit the dentist by age 1.

FACT

American Indian preschool children have the highest rate of tooth decay in the U.S.



Get two dental cleanings per year.

Children & Adults

Brushing

Brush your teeth with a soft-bristled tooth brush for 2 minutes twice a day and don't forget to floss.



Snacks

Limit sugary snacks and sticky candies which promote the growth of plaque.



Drinks

Limit sugary and acidic drinks such as soda, juice, and sweet tea because they eat away at your tooth enamel.

