

# Dental Awareness

...In a month surrounded by candy

## Pregnancy



### Morning Sickness

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



### Calcium

The body takes calcium from your bones and 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 you and your growing baby.



### Visit the Dentist

Visit your dentist early in pregnancy for a check up.

## Baby



Infants should visit the dentist by age 1

### 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.

### 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.

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



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

## Children & Adults

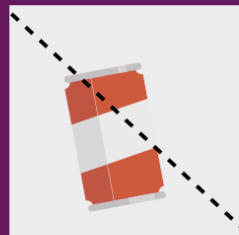
Brush your teeth with a soft-bristled tooth brush for 2 minutes twice a day and don't forget to floss.



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



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



2.4 million American Indians have dental problems



@ ITCA WIC

WIC is an equal opportunity employer and provider

