Baby steps towards healthy pregnancy

Congratulations on your pregnancy, you probably are very busy making sure everything had been taken care of. It's important to pay extra attention to your gums and teeth. This way you are helping two persons, yourself and the baby.

You probably have heard about this tale "A tooth lost for every baby". While it seems far-fetched, it actually is based on facts. Being pregnant, your body changes along with your gums. About half of women may experience pregnancy gingivitis, which is an inflammation of the gums around the teeth. A good oral hygiene and a regular dental visit may prevent and minimize the onset of the disease. According to dental research, being pregnant with sever gum problems may result in pre-mature labors.

Although literature shows that there is a weak link between passing bacteria from mother to babies during pregnancy, it has been shown that after birth the bacteria can be easily transmitted to babies by kissing. Parents should keep their own mouths healthy to prevent problems for their kids.

How to Care for Your Child's Teeth (Newborn)

When do I start brushing my baby's teeth? Its recommended to start brushing the teeth as they come in. Before teeth come in, use a soft cloth and gently clean the gums after each feed. Remember, studies show that teeth may get cavities while emerging through the gums.

How to prevent cavities at bedtime?

If you give your baby a bottle at night time, make sure it contains water only. Otherwise, brushing is required before bed. Juice, milk and formula contain sugars and can cause cavities.

How do I brush my baby's teeth?

1. Place your baby in your lap
2. Lift the lips away from the teeth
3. Use a soft toothbrush. Companies like Colgate and Oral-B have developed toothbrushes for newborns.

How to prevent cavities

Be careful not to put utensils, food and pacifier in your mouth and then pass it to your baby's mouth. Germs can easily be passed this way.

Why keeping the baby teeth is important?

1. They allow the child to chew and eat food.
2. They allow the child to speak clearly.
3. They save space for adult teeth.
4. They support the bone growth.

Dr. Max Dawabsheh
Dentist Oakville

Dr. Max maintains a private dental practice in Oakviile, Ontario. He focuses on providing his patients with state-of-art dental technologies alongside with patient focused approach.