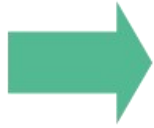


Foods



Avoid giving sugary foods (biscuits, cakes, sweets) as treats or rewards. Encourage snacks free of salt and added sugar which are kinder to teeth such as:

- Cheese, pasta, or fingers of toast
- crackers, breadsticks or rice cakes
- fresh fruit and vegetables



During pregnancy avoid having sugary drinks (such as fizzy drinks or sweet tea) and sugary foods too often. Try to keep them to mealtimes only.

If you're hungry between meals, snack on vegetables and avoid sugary or acidic foods.

If you have morning sickness and you vomit, rinse your mouth afterwards with plain water. This will help prevent the acid in your vomit attacking your teeth. Do not brush your teeth straight away as they will be softened by the acid from your stomach. Wait about an hour before doing so.

Medicines

Ask your pharmacist if a sugar-free alternative is available.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

आपनि यदि এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से संपर्क
若您需要本信息的另一种语言或格式的版本, 请与我们联系

ନେବ ବ୍ରହ୍ମାଣ୍ଡ ଠିକ ନାହାଉଣି ବିନା କୁମି ବାମ୍ବା ନାଁ ନାଲ ଝିଟି ଚାଟାଣି ଠିକି ତାଁ ବିଚିତା ଉବ ବି ମାଟୁ ପୁଢ଼ି

کرا آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے دیکھنا چاہتے ہیں تو براہ کرم ہم سے پوچھیں :-

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Reviewed by Jennifer Slatter: June 2018

CY 013.18



Oral health promotion

Oral health care
from bump to new
baby

Oral health in pregnancy

Due to hormone changes during pregnancy, some women's dental health needs closer attention.

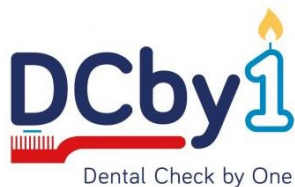
Some women get swollen and sore gums, which may bleed. Bleeding gums are caused by a build-up of plaque on the teeth. Hormonal changes during pregnancy can make your gums more vulnerable to plaque, leading to inflammation and bleeding.

Therefore it is extremely important to keep up with your oral health care routine and regular visits to the dentist.

Do this by brushing twice a day for two minutes using a small headed brush with medium bristles and a fluoride toothpaste, and continuing with regular visits to the dentist.

Visiting the NHS dentist is **free** for children, pregnant woman and new mums, up to the child's first birthday. Children should be taken to the dentist by their first birthday.

To find your local dentist visit www.nhs.uk or call 0300 112233



Oral health for babies and toddlers

Teething

Most babies suffer when teething. They may also get a temperature and flushed cheeks. Teething gels are available to buy to help ease the pain. Also, teething rings kept in the fridge can be comforting!

Developing a good brushing routine from a young age can really help your child develop their own routine when they're old enough to brush their own teeth. To make brushing fun turn it into a game, brush your own teeth at the same time or sing a song or listen to music.

Tooth brushing

Most babies begin teething when they are around six months old. It is important to begin brushing your baby's teeth as soon as they appear.



Brush twice a day using a smear (see picture above) of toothpaste containing no less than 1000ppm fluoride. (Adults need a toothpaste containing 1350-1500ppm).

Drinks

Breast milk is the best food for babies and it is recommended that your baby just has this until they are six months old.

When weaning, to protect your baby's teeth from tooth decay it is important to limit sugar.

- **0 - 6months:** feeding bottles should only be used for expressed milk, infant formula or cooled boiled water.
- **6 - 12months:** Drinks should be offered in a non-valved, free-flowing cup. Avoid adding sugar or honey to weaning foods or drinks.
- **1 year onwards:** discourage feeding from a bottle.

Water and milk are the safest drinks for teeth. Sugary and fizzy drinks should be avoided as they can cause tooth decay.

Always choose a free-flowing or angled cup, rather than a beaker with a teat, as this ensures that your child doesn't continue to suck and develops the ability to sip.

