

Brushing and Flossing

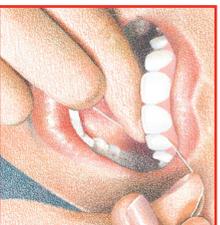
Brushing

1. Place brush at angle along gumline. Wiggle gently back and forth, brush the outside of each tooth. Repeat for the inside of each tooth.
2. Brush chewing surface of each tooth.
3. Use tip of brush to brush behind each front tooth, both top and bottom.



Flossing

1. Pull 18" to 24" (30 to 45 cm) of dental floss from the holder and wrap the ends around your middle fingers.
2. Hold the floss tightly against each tooth. Move the floss away from the gum, gently rubbing the floss up and down against the side of the tooth.



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For Pregnant Women



6 Steps to a Healthy Mouth

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1

Have a Dental Checkup

Get your teeth cleaned and your gums checked. Be sure to get any needed dental work done. Research has linked gum disease to low birth weight babies. Also, the germs that cause cavities can be passed on to your baby.



2

Brush Twice a Day

Brush thoroughly at least twice a day with fluoride toothpaste, especially after eating breakfast and before bedtime. Use a soft toothbrush. Be sure to put the bristles of the toothbrush where the teeth and gums meet. This is where gum disease starts.

3

Floss Daily

Floss daily to clean between the teeth where a toothbrush can't reach.



4

Limit the Number of Times You Eat Sweet or Starchy Snacks Each Day

Sweet or starchy snacks can cause "acid attacks" on your teeth. Drink fewer sugary drinks and eat fewer sweets. Soda and sweets may cause cavities. Eat more fruits and vegetables.

5

Seek Prenatal Care

Follow the advice of your health care professional. This is important for your health and the health of your baby.

6

Eat Nutritious Meals and Snacks and Get Adequate Calcium

You need calcium for your baby's teeth and bones. Calcium is in milk, cheese, yogurt, dried beans, and leafy green vegetables.

