

Brushing and Flossing

Colgate

Bright Smiles, Bright Futures®

For Pregnant Women

Brushing

1. Place brush at angle along gumline. Wiggling 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.



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A Global Oral Health Initiative.



The American Public Health
Association recommends
regular prenatal checkups.

6 Ways to a Healthy Mouth

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1

Have a Dental Checkup

Get your teeth cleaned and checked. Be sure to get any needed dental work done. The germs that cause cavities can be passed on to your baby after it is born.



2

Brush Twice a Day

Brush at least twice a day with fluoride toothpaste. 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 Pre-Natal Care

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

6

Get Adequate Calcium

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

