

Maternity

Your baby's oral health starts with you

Taking care of your health during pregnancy is important for both you and your baby. Making healthy choices can positively affect your baby's development including their teeth.



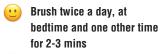


For tips please turn over

MATERNITY

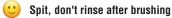
It is important to visit your dentist during pregnancy for advice and a check up to prevent tooth decay and gum disease. Always advise your dentist that you are pregnant.

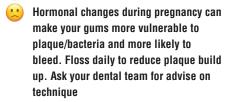
Tooth Tips

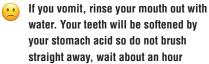






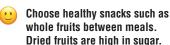








Diet





Avoid sugary snacks and drinks.



Keep hydrated. Choose unflavoured water or milk instead of sugary drinks



Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened



Read food labels carefully for sugar content. Less than 5g per 100g is low sugar.



It is recommended to eat five servings of dairy a day during pregnancy

General



Avoid smoking and drinking alcohol during pregnancy. It can lead to longterm harm to your baby