



REMEMBER

- Get A Dental Check Up
- Brush With Fluoride Toothpaste After Every Meal And Snack
- Floss Between Teeth To Clean Where A Toothbrush Can't Reach
- Limit Sweet Or Sticky Snacks
- Eat Healthful Foods With Calcium

Home Visiting Oral Health Project

Bureau of Oral Health
Bureau of Maternal and Child Health
Office of Community and Public Health
New Hampshire Department of Health and Human Services
29 Hazen Drive
Concord, NH 03301
603-271-4535



Deliver a Healthy Smile!

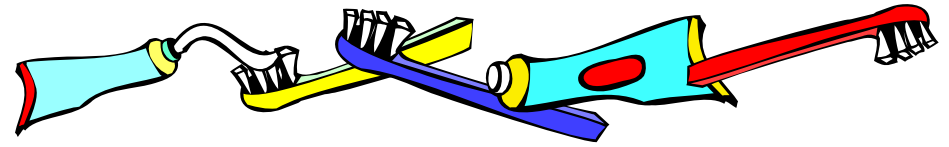
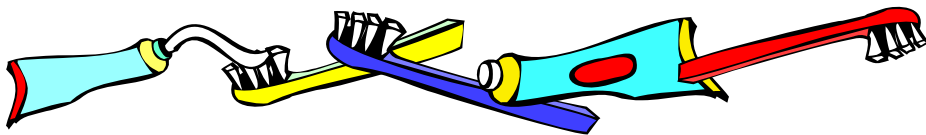


It's Not Too Early To
Begin Your Baby's
Good Oral Health!



Important Steps For A Healthy Smile For You and Your Baby!

- Your Baby's Oral Health Starts Now With Your Own Good Oral Health
- Brush And Floss Every Day, Especially Before You Go To Sleep
- Make An Appointment To See Your Dentist To Make Sure You Have No Cavities Or Gum Disease
- Eat A Healthful Diet With Plenty Of Extra Calcium
- Foods Like Milk, Cheese, Yogurt, Beans, And Green Leafy Vegetables Help Build Strong Teeth And Bones For You And Your Baby



Did You Know...

- Unfilled Cavities Have Harmful Germs That You Can Pass To Your Baby By Sharing Food Or Kissing!
- Pregnant Women With Untreated Gum Disease Are More Likely To Have Premature Or Small Babies

Your Healthy Mouth Will
Help Keep Your
Baby Healthy!