

Mother.....

Due to hormone changes during pregnancy, some women's dental health needs closer attention. Gums may become inflamed during pregnancy and may bleed. A high standard of oral hygiene is therefore very important, as is visiting your dentist regularly. This may also include visits to the dental hygienist for cleaning and advice.

There is no problem with attending for dental treatment during pregnancy, but the Department of Health do advise that the removal and replacement of silver fillings should be delayed until after the baby is born where possible. Likewise some dentists think that you should not have a silver amalgam filling while you are breast feeding.

Your dentist will probably delay taking routine x-rays until after the pregnancy. Some treatment is unavoidable, and may require x-rays to be taken, such as a root canal treatment.

There is no evidence that calcium deficiency during pregnancy causes tooth problems.

When you are pregnant it is important to have a healthy balance diet containing all the necessary vitamins and minerals. Good nutrition for the mother is important in the development of the baby's teeth. Calcium in particular is important, this can be found in milk, cheese and other dairy products. However you should avoid soft cheeses. Women who suffer from morning sickness may want to eat little and often. Try to avoid sugary snacks and drinks to protect your teeth against decay. If you are often sick, rinse your mouth afterwards with plain water to prevent the acid in your vomit attacking your teeth.

...and baby.

Your baby should start teething at around 6 months old and will continue until all their 20 milk teeth have erupted into the mouth. At around 6 years old, the first permanent tooth will come through, at the back of the baby teeth. This will continue until all the baby teeth are lost, and all the permanent teeth are in place (except wisdom teeth) by the age of about 14 years.

Most babies suffer from teething pains. Babies may get a high temperature and their cheeks may appear red and warm to the touch.

There are special teething gels that can be used. Some contain a mild pain killer and these can be massaged into the baby's gum. Teething rings can also help. Teething pains can vary and you can seek advice from you GP, dentist or health visitor.

Your dentist will advise your further, but it is usually best for your baby to come with you when you visit the dentist for a check-up as early as possible. This will get them used to a new and strange environment. Babies can have their own dental examination done from 6 months onwards.

You should start cleaning your baby's teeth as soon as they start teething. They will probably need help with cleaning until the age of about 7 years.

At first you may find it easier to use a piece of gauze wrapped around your forefinger. As more teeth appear, you will need to use a baby toothbrush. Smear the brush with a non-fluoride toothpaste especially designed for babies, and gently massage it around

the teeth and gums. It is important to clean teeth twice a day.

As your child grows, you can gradually give them more responsibility in cleaning their own teeth

Check with your dentist or health visitor if you have any worries or need more advice on cleaning your baby's teeth.

If you can, avoid using a dummy, and avoid thumb sucking. Never dip your baby's dummy or teething ring into fruit syrups, honey, fruit juices or anything containing sugar, particularly at bedtime. These can expose your baby's teeth to harmful acids, which can attack the newly formed teeth and cause decay.

If your child damages their teeth, contact your dentist immediately. It is not uncommon for a damaged tooth to discolour over time due to the trauma to it.

If this happens outside normal surgery times, your dentist will have emergency cover. Phone the surgery to find out who to call.

Christopher Holden
& ASSOCIATES
Dental Surgeons



**DENTAL CARE FOR
MOTHER & BABY**

Christopher Holden & Associates
32 Tennyson Avenue, CHESTERFIELD
01246 230 230
www.dental-clinic.co.uk

It is recommended that children go to the dentist, along with their parents, as soon as possible. You should ensure that they attend for regular check-ups, usually every 6 months. This will help them to get used to the strange environment, noises and smells. The earlier the children visit, the more relaxed the visit to the dentist will be.

Cleaning your child's teeth should be part of their daily hygiene routine.

You may find it easier to stand or sit behind your child, cradling their chin in your hand so that you can reach their top and bottom teeth easily.

When the first teeth start to come through into the mouth, try using a children's toothbrush with a small smear of toothpaste.

Once all the teeth have come through, use a small-headed toothbrush in a circular motion, and try to concentrate on one tooth at a time.

Don't forget to brush the back and biting surfaces of each tooth, and also on to the gums.

If possible, make teeth brushing a routine, preferably in the morning and

last thing before bed. Children will need help with brushing until about the age of 7.



After then they may still need some supervision. Try to give encouragement as this will help to get results.

Fluoride comes from a number of different sources including toothpaste, specific fluoride applications and sometimes drinking water.

These can all help to prevent dental decay. If you are unsure about fluoride toothpaste, ask your dentist or health visitor.

The general rule is to use a toothpaste designed for your child's age group. Use a smear of paste up to 5 years,

less than a pea size for 5 to 7 years olds and a normal pea size for over 7s.

Children should be supervised up to this age and you should make sure that they spit out the toothpaste and don't swallow any if possible.

Toothbrushes should be small-headed with soft, nylon bristles, suitable for your child's age group.

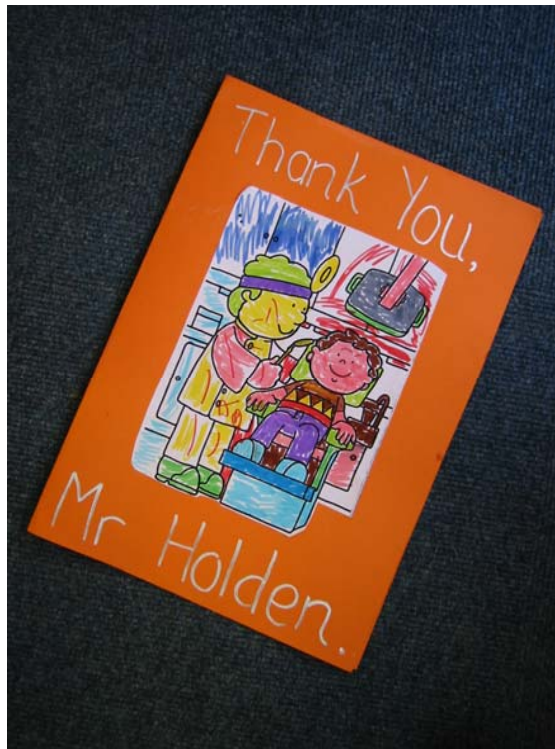
Toothache can be painful and upsetting, especially in children. The main cause of this in children is tooth decay. Tooth decay is caused by too much sugar, too often, in the diet. Teething can also cause toothache, when teeth begin to grow into the mouth at about 6 months.

If your child needs pain relief, always check with your GP, Dentist, Health Visitor or pharmacist. Make sure that medicines are sugar free.

Fear in parents can usually be sensed by the child. It is important not to make your child feel that a visit to the dentist is something to worry about.

If you have any fears about visiting the dentist yourself, do not discuss them in front of your child.

Regular check-ups when your child does not have a dental problem will mean that your child's first visit is not associated with the distress caused by toothache or trauma.



Christopher Holden
& ASSOCIATES
Dental Surgeons



CHILDREN'S TEETH

Christopher Holden & Associates
32 Tennyson Avenue, CHESTERFIELD
01246 230 230
www.dental-clinic.co.uk