

HEALTHY TEETH + PREGNANT MOMS = HEALTHY BABIES

Mothers with healthy teeth are less likely to have problems with their pregnancies. Gum infection (gingivitis) during pregnancy may cause early labor or low-birthweight babies.

Healthy teeth are important for Mom and Baby after the child is born. Bacteria pass from Mom's mouth to Baby's mouth when foods or spoons are shared or if Mom uses her mouth to clean a pacifier. This can lead to cavities in Baby.

Cavities or tooth decay is really an infection of the teeth. Cavities can be painful, and Baby may not want to eat or drink. Moms and babies can reduce chances for tooth infections and gum disease by following the steps below.



Protect Mom

Keep Teeth Clean:

- ☞ Brush teeth twice a day.
- ☞ Floss teeth once a day.
- ☞ See a dentist during the 2nd trimester or sooner.
- ☞ Eat a balanced diet that is low in sugar to help prevent tooth decay.



Guard Baby

Keep Childhood Mouths Healthy:

- ☞ Wipe gums with a damp clean cloth.
- ☞ Use a small soft toothbrush to clean teeth.
- ☞ Have Baby see a dentist at 1 year of age.
- ☞ Put only breast milk, formula or water in a bottle.
- ☞ Start offering a cup at 6 months; try to stop using a bottle by age 1 year.
- ☞ Don't put Baby to bed with a bottle.
- ☞ Don't nurse Baby all through the night.

Food Tips for Healthier Teeth



- Eat low-sugar, high nutrient foods such as fruits and vegetables, whole grains, lean meats and low-fat milk/yogurt/cheese.
- Limit the number and time sugary snacks are eaten.
- Eat sugary foods with meals or serve them with juicy fruits/vegetables, water or cheese.
- Drink water with food and between meals.



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ILKO CAAFIMAAD QABA + HOOYO UURLEH = CARUUR CAAFIMAAD QABTA

Hooyoyinka ilkhoodu caafimaadsan yihiin inta badan dhibaato kalama kulmann uurka. Cudurada ku dhaca ciridka (gingivitis) xiliga uurka wuxuu keeni karaa fooshoo soo deg-degta ama ilmahoo ku dhasha miisaan yar.

Ilkaha caafimaadsan waxey mihiim u yihiin hooyada iyo caruurta kadib markuu ilmahu dhasho. Bakteeriyada waxay uga gudubtaa afka hooyada kan caruurta markay raashinka ama qaadada wadaagan ama haday hooyadu u isticmaasho ineey afkeeda ku nadiifiso juujesada (pacifier). Arintaa waxay ilmaha u keentaa ilko bolol.

Ilka bololka ama haloowgooda waa cudur ilkaha. Ilko bololku waxuu lahaan karaa xanuun badan, ilmahana waxaa laga yaabaa inay diidaan inay wax rashin ah qaataan. Hooyada iyo ilmuhu way yareen karaan cudurada ku faafa ilkaha iyo jirooyinka ku dhaca ciridka hadeey ku dhaqaaqaan talaabooyinkan hoos ku xusan.



Difaac Hooyada

Ilkaha nadiifi

- ☞ Rumey ilkaha maalintii labo mar.
- ☞ Nadiifi ilkaha dhexdooda malintii hal mar.
- ☞ Arag takhtarka ilkaha markaad uurka leedahay (laga bilaabo bisha afaraad ama ka hor)
- ☞ Cun nafaqo dheeli tiran oo sokor yar tasoo kahortageyso bololka ilkaha.




Ilaali ilmaha

Afka ilmaha caafimaadkiisa ilaali

- ☞ Ku tirtir ciridka maro nadiif ah oo qoyan
- ☞ Si aad ilkaha u nadiifiso isticmaal cadey jilicsan
- ☞ Ilmuhu waa iney arkaan dhakhtarka ilkaha markeey hal sano jiraan
- ☞ Dhalada ku shub kaliya caanaha hoyada, canaha caruurta oo qasacadeysan (formula) ama biyo
- ☞ Ilmaha ku bilow koobka markey lix bilood jiraan; isku day inaad ka joojiso dhalada markeey sanad jiraan
- ☞ Hala seexin ilmaha dhalada
- ☞ Habeenka ilmaha wax ha sin

Food Tips for Healthier Teeth



-  Cun raashin sokor yar oo nafaqo badan sida khudaarta, furuutka, hilibka jiirka ah iyo caano/ciir dufan yar.
- Xadid tirada iyo wakhtiyada aad cunaysid cuntada fudud oo sokor leh.
- Cun cuntada sokorta leh wakhtiga raashinka ama la isticmaal khudaar, midho, biyo ama farmaajo.
- Biyaha ku cab cuntada iyo inta u dhexeysa raashinka.



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