

Brushing for Two Quiz



Think you've got your mouth covered now that you're brushing for two?
Take our 10-question quiz to find out!

I can't go to the dentist when I am pregnant.

False. Dental visits are safe during pregnancy! Be sure to let your dental office know what month of pregnancy you are in when you make your appointment. If your last visit to the dentist was more than 6 months ago or if you notice any changes in your mouth during pregnancy, schedule an appointment as soon as possible.

You lose a tooth with every pregnancy.

False. What is true is that many women are prone to gingivitis — a mild form of gum disease that causes gums to be red, sore, and often bleed — during pregnancy. You can prevent gingivitis by keeping your teeth clean. Gently brush where your teeth and gums meet. Your dentist may recommend more frequent cleanings to help control gingivitis. If you notice any changes in your mouth during pregnancy, see your dentist.

My nutrition affects my baby's teeth.

True. Believe it or not, your baby's teeth will begin to develop between the third and sixth months during pregnancy. That's just one of many reasons why nutrition is such an important part of a healthy pregnancy. To help the teeth form correctly, you need plenty of nutrients, including vitamins A, C, and D, protein, calcium and phosphorous. To reduce the risk of birth defects, get 600 micrograms of folic acid each day throughout your pregnancy. Take a dietary supplement of folic acid and eat foods high in folate and foods fortified with folic acids.

Baking soda will help keep my mouth healthy if I have frequent morning sickness.

True. If you have morning sickness and are vomiting frequently, try rinsing your mouth with a teaspoon of baking soda mixed with water instead of brushing your teeth after every time you vomit. When stomach acids frequently come into contact with teeth, they can eventually cause tooth enamel to wear away.

Baby teeth can't get cavities.

False. Your child's baby teeth are at risk for decay as soon as they first appear — which is typically around age 6 months. Even though they fall out, baby teeth are important. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded.

In a pinch, I can use my own saliva to clean pacifiers and bottle nipples.

False. The bacteria that causes dental disease can be passed from mom to baby. Don't share saliva with the baby by using the same spoon or licking a pacifier to clean it. Use a clean spoon, bottle or pacifier whenever possible and use soap and water to clean all utensils.

Brushing for Two Quiz

Sucking on thumbs or pacifiers is normal.

True. Sucking on thumbs, fingers, pacifiers or other objects helps babies feel secure and happy. However, prolonged thumbsucking may cause problems with the proper growth of the mouth and tooth alignment and can also cause changes in the roof of the mouth. If you notice changes in your child's baby teeth or are concerned about your child's thumbsucking, consult your dentist.

Age 3 is the best age to take a child to their first dental visit.

False. Actually, the best time to take your child to their first dental appoint is within six months of their first tooth appearing or by their first birthday — whichever comes first. Don't wait for them to start school or until there's a dental emergency to get them used to visiting the dentist. Getting into a routine early will put your baby on the right path to a healthy smile from the start.

All babies get fevers when they teethe.

False. As their teeth push through the gums, some babies may become fussy, sleepless and irritable, lose their appetite or drool more than usual. Diarrhea, rashes and a prolonged fever are not normal for a teething baby. If your infant has a fever or diarrhea while teething or continues to be cranky and uncomfortable, call your physician.

Breast milk can cause cavities.

True. Any liquid with sugar — including breast milk, cow's milk or formula — can expose your child's teeth to plaque. After feedings, wipe your baby's gums with a clean, moist gauze pad or washcloth. There are many factors which can cause tooth decay. One common cause is the frequent, prolonged exposure of the baby's teeth to drinks that contain sugar. Tooth decay can occur when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby.

Thank you to the following sponsors for providing funding for Healthy Smiles from the Start:

ADA American Dental Association®
America's leading advocate for oral health



For more information about taking care of your mouth and teeth, visit MouthHealthy.org, the ADA's website just for patients.

