

Pregnancy Oral Health, Infant Oral Health, and Childhood Oral Health Video Series for Indiana Department of Health

(Revised 11/2025 with provided credits page & logo)

Section One:

Growing a Healthy Mouth: Getting *Ready* for Teeth

A: Early Childhood Caries/cavities prevention:

- **Summary:** Learn about the disease that causes childhood cavities, Early Childhood Caries (ECC), and how you can begin to prevent it during pregnancy, even before your baby has any teeth, and with each new baby tooth that pops into their mouth.
- **When to watch this video:** During pregnancy and before your baby turns two years old!

[Video A IDOH Early Childhood Caries Prevention](#) (Revised 11/25)

[Video L IDOH Caries de la Primera Infancia](#) (Revised 11/25)

B: Pregnancy Oral Health:

- **Summary:** Oral health is an important part of pregnancy health! Learn how to protect your teeth and gums during pregnancy and why visiting the dentist during pregnancy can help not only the health of your pregnancy, but your baby's oral health.
- **When to watch this video:** During pregnancy or when you are thinking about becoming pregnant.

[Video B IDOH Pregnancy Oral Health](#) (Revised 11/25)

[Video M IDOH Salud en el Embarazo](#) (Revised 11/25)

C: Oral Hygiene for a baby without teeth:

- **Summary:** The how and why of wiping your baby's mouth out from the day they are born.
- **When to watch this video:** During pregnancy or soon after your baby is born.

[Video C IDOH Oral Hygiene Baby Without Teeth](#) (Revised 11/25)

[Video N IDOH Higiene Oral para un Bebe Sin Dientes](#) (Revised 11/25)

D: Tooth brushing tutorial for infants:

- **Summary:** The how and why of brushing once your baby's first tooth pops through, including how to use toothpaste and when to start flossing.
- **When to watch this video:** During pregnancy or soon after your baby is born.

[Video D IDOH Tooth Brushing For Infants](#) (Revised 11/25)

[Video O IDOH Tutorial de Cepillado para Infantes](#) (Revised 11/25)

E: Age One Dental Visit:

- **Summary:** Learn why it is recommended to begin visits to the dentist no later than your baby's first birthday and how to find a dentist for that first visit.
- **When to watch this video:** During pregnancy, or soon after your baby is born.

[Video E IDOH Age One Dental Visit](#) (Revised 11/25)

[Video P IDOH Visita Dental del Primer Año de Edad](#) (Revised 11/25)

F: Loose Teeth, Losing Teeth, and When to Expect Permanent Teeth

- **Summary:** What to expect with loose teeth, when to expect loose teeth; what to look for with permanent teeth coming in and what are sealants
- **When to watch this video:** During pregnancy, and before your child turns five years old.

[Video F IDOH Losing Teeth and Permanent Teeth](#) (Revised 11/25)

[Video Q IDOH Caída de Dientes y los Dientes Permanentes](#) (Revised 11/25)

Section 2:

How to Feed Your Baby and *Not* the Cavity Causing Bacteria: Nutrition for Optimal Oral Health and Overall Health

G: First Six months nutrition and oral health

- **Summary:** Even though during their first six months a baby receives only breastmilk and/or formula, they are beginning to develop their sense of taste. Learn about the importance of taste development and its connection to your baby's health including oral health.
- **When to watch this video:** During pregnancy, and during your baby's first six months.

[Video G IDOH First Six Months](#) (Revised 11/25)

[Video R IDOH los Primeros Seis Meses](#) (Revised 11/25)

H: Introducing an open cup around six months with solid foods

- **Summary:** The why and how of introducing an open cup to your baby at six months and the amazing importance of allowing your baby to develop a taste for plain water.
- **When to watch this video:** During pregnancy, and during your baby's first six months.

[Video H IDOH Open Cup and Solid Foods](#) (Revised 11/25)

[Video S IDOH Comenzar a Usar una Taza Abierta](#) (Revised 11/25)

I: Age One beverage choices and how to serve them:

- **Summary:** How to introduce water, milk, and juice in a healthy way that will give your baby the best chance of developing a taste for water. The best times of the day to offer different beverages is also discussed.
- **When to watch this video:** During pregnancy, and before your baby's second birthday.

[Video I IDOH Age One Beverages](#) (Revised 11/25)

[Video T IDOH Bebidas del Primer Ano](#) (Revised 11/25)

J: Nutrition Guidelines for 24 months and younger: No added sugars

- **Summary:** What are added sugars, why it is so important to avoid them during the first two years of life, and how to avoid them.
- **When to watch this video:** During pregnancy, and before your baby's second birthday.

[Video J IDOH No Added Sugars](#) (Revised 11/25)

[Video U IDOH Sin Azucres Anadidos](#) (Revised 11/25)

K: Snacking!!!

- **Summary:** What are the healthiest kid-friendly snacks, and which snacks feed the cavity causing bacteria.
- **When to watch this video:** During pregnancy, and before your baby's second birthday.

[Video K IDOH Snacking](#) (Revised 11/25)

[Video V IDOH Las Meriendas Saludables](#) (Revised 11/25)