

Healthy Smiles for Mom and Me! Pregnancy



Congratulations!

You've already begun to discover the changes pregnancy is making in your body. But have you noticed changes in your mouth?

- ☹ Your changing hormones can make your gums sore, puffy and red.
- ☹ Some women have more saliva when they are pregnant.
- ☹ Morning sickness/vomiting can affect your teeth too.

Your teeth and gum problems can affect your baby.

- ◆ Your baby could be born too early, or at a low birth weight.
- ◆ The germs in your mouth, the ones that cause cavities, can be spread to your baby's mouth during his/her first few months.

The good news: there are things you can do to keep you and your baby healthy!

Flip this card over for some tips.



Visit the dentist early in your pregnancy.

Dental treatment is safe throughout pregnancy, and will help you stay healthy and reduce germs in your mouth.

If you need help finding a dentist, call 2-1-1.

Keep up your home hygiene!

Brush your teeth and gums with a soft toothbrush and fluoride toothpaste at least twice a day, and floss at least once a day.

Drink plenty of water with fluoride—fluoride is a safe, easy way to protect your teeth from tooth decay, and to help your baby's teeth develop strong.



Choose a healthy diet.

A diet low in sugar and starch; limited snacking; and plenty of vegetables (including salads) and calcium (for growing teeth and bones!) is best for both you and baby.



If you have morning sickness and vomit, it is important to rinse your mouth out with water afterwards. Wait to brush—stomach acids can soften your teeth.



Stop using tobacco—call 1-800-NOBUTTS for help. Smoke is bad for both you and baby.

