

It's time to get ready for baby's oral health care and it starts with prenatal care.



## During Pregnancy

*Taking care of your oral health throughout pregnancy sets the foundation for your baby's oral health. Healthy habits start with you!*

- Go to the dentist during pregnancy.
- It's safe to have exams, X-rays, cleanings, and dental treatment throughout pregnancy.
- By going to the dentist during pregnancy you can avoid swollen gums (gingivitis), which can be caused by hormonal changes during pregnancy.
- Brush teeth for two minutes with a fluoride toothpaste twice a day.
- Avoid sugary drinks and foods. Choose healthy snacks like fruits and vegetables. Drink water throughout the day.
- Floss every day.

