

To help my baby be healthy,  
I will take good care of my teeth  
and myself.

I commit to:

- Brushing my teeth twice every day.
- Flossing my teeth every day.
- Limit sweet drinks, sugary foods, and snacks.
- Schedule a visit to the dentist.

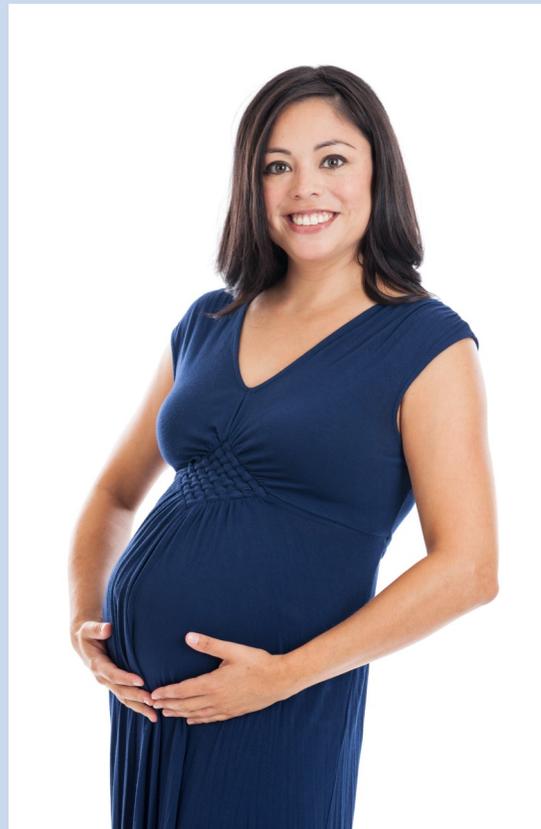
Do you need help finding a dentist?

- ◆ Contact your AHCCCS plan for help with finding a dentist or to discuss your dental benefits.
- ◆ Ask your family doctor.
- ◆ Ask at Head Start or WIC.
- ◆ Ask a friend.



# ORAL HEALTH AND YOUR BABY

A guide to oral health during  
pregnancy



Information based on materials found at  
<http://www.azdhs.gov>.

Did you know your baby can be affected by the health of your teeth and gums?

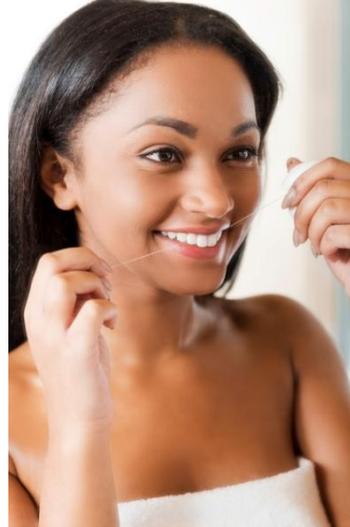
**Gum problems can cause your baby to be born early, too small, or both!**

**See a dentist.** Gum disease can get worse during pregnancy. Sometimes you have signs of gum disease: red, swollen, sore, or bleeding gums. You can also have gum disease without seeing signs! Gum disease is called periodontal disease. Your gums need to be checked at a dental office to know if you have gum disease.

**After baby is born, germs from your mouth can cause cavities in your baby's mouth.**

It is important for you to have healthy teeth. You should get your teeth checked and cleaned at least twice a year. Call **ACTION** at **1.866.340.4337**, if you don't have dental insurance. They can tell you about the donated dental services in your area. There are free or low cost options available throughout Maricopa County!

**Protect your baby!**



*Natalie flosses for herself and her baby.*

### **How to take care of your teeth:**

- ◆ Drink fluoridated water.
- ◆ Your tap water may already have fluoride in it. Fluoride is safe and found in most tap water. Check the label of bottled water to see if it has fluoride.
- ◆ Use fluoride toothpaste when you brush your teeth at least twice a day.
- ◆ Floss every day.
- ◆ Minimize snacking between meals, especially unhealthy snacks. Eat three good meals a day.