

Protect Your Child's Smile



Pregnant Women



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.
Drink water with fluoride.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

Connecting Smiles: an outreach effort to integrate preventive oral health information and resources into existing systems of care including medical and dental offices and community-based programs



Oral Health for Mothers-To-Be

- It is important to take care of your mouth before, during and after pregnancy.
- During pregnancy there are hormonal changes that may cause a women's gums to swell and bleed.
- It has been found that severe gum disease during pregnancy may be linked to babies being born too early or too small.
- The best way to prevent gum disease is to brush with fluoridated toothpaste at least twice a day, floss each day and see your dentist.
- Good prenatal care includes care of the mother's teeth and gums. It is important to visit the dentist while you are pregnant. It is safe and can help you have a healthy baby.
- Eating healthy is very important during pregnancy because the baby gets nutrients from the mother. Foods with calcium are very important for you and your baby's teeth and bones. Calcium is in milk, cheese, dried beans, and leafy green vegetables.
- Sweets or starchy foods and cavity germs can cause tooth decay. Eat healthy snacks like fruit and vegetables.
- Drink plenty of water especially between meals and after snacks.

