

# THE IMPORTANCE OF PRENATAL DENTAL CARE FOR MOMMY & ME



**While pregnant, you may be more prone to gum disease, cavities and other dental conditions.**

Untreated gum disease can harm your overall health and may be linked to low birth weight and preterm births.



**Mothers can unintentionally pass cavity-causing bacteria to newborns, increasing children's risk for tooth decay.**

Children are more than 3 times as likely to have tooth decay if their mothers have high levels of untreated tooth decay.



**Pregnant people qualify for dental coverage and various dental services.**

Dental care during pregnancy is safe and essential.



SCAN TO LEARN MORE



## Talk to your healthcare provider about prenatal dental care and tips for cleaning your baby's teeth and gums.

- Ask for a referral to a community dental hygienist or a dentist.
- Make and keep regular dental hygiene appointments and follow up care as needed.
- Choose healthy snacks.
- Drink tap water with fluoride every day.
- Brush with fluoride toothpaste 2X and floss daily.
- Ask about first tooth or first birthday dental visit for your baby.