

Dental Health for Moms-To-Be

Good Dental Habits are Catchy...

Be a Good Role Model for your Family

Tooth or False

Hormonal changes can cause your gums to be sore, swollen and bleeding.

TRUE

Tooth or False

Babies can get cavity causing bacteria from you and others.

TRUE

Tooth or False

Morning sickness doesn't affect your teeth.

FALSE

Tooth or False

Pregnancy doesn't weaken your teeth.

TRUE

With proper care, your teeth and gums can stay healthy during pregnancy. Brush your teeth at least twice a day and floss daily. The most important time to brush your teeth is before bedtime.

Having a healthy mouth may lower the risk of passing cavity-causing germs to your child. The best time to visit your dentist for a check up and cleaning is in the 2nd trimester. Don't wait until you are in pain.

To rinse away stomach acid, rinse your mouth with water right after vomiting and wait 30 minutes before brushing your teeth. Gagging? Try a smaller toothbrush.

But each time you have a sweet snack or drink, or munch on crackers or chips, your teeth go through an acid attack. Choose healthy snacks like fruits and vegetables.

DID YOU KNOW?



The best time to eat sweets is right after a meal when there is less risk for tooth decay. If you can't brush after a meal or treat, eat cheese or chew gum to help prevent cavities.



Your baby's teeth start to grow when you are 6 weeks pregnant.



Moms-to-be with gum disease are 4 to 7 times more likely to have a low birth weight or premature baby.

Want to learn more

about nutrition, health and your developing baby?

Find out about a Healthy Baby program or a Canada Prenatal Nutrition Program in your area.

Call 945-1301 or toll-free at 1-888-848-0140

(945-1305 for the telephone device for the deaf.)

If you live in a First Nation community, call 983-4199 and ask about federal programs.



Healthy Child
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Putting children and families first