I will take care of my teeth and myself to help my baby be healthy.

Today I will:

- ☐ Start flossing my teeth every day.
- ☐ Cut down on sweet drinks and snack foods.
- ☐ Make a dental appointment.

My dental visit is on:

_____ _____

Date Time

Dentist's Name: _____

Location: _____

Phone: _____

If you need help finding a dentist:

- Check with your AHCCCS health plan to help you locate a dentist or discuss your dental benefits.
- Ask your family doctor.
- Ask at Head Start or WIC.
- Ask a friend.

Maricopa County Department of Public Health
WeArePublicHealth.org

First Teeth First
firstteethfirst.org

Support for this program is provided by a grant from FIRST THINGS FIRST azftf.gov

Arizona Department of Health Services

For more information, call 1-800-232-1676 or visit www.azdhs.gov. If your child is on AHCCCS or KidsCare, dental visits are covered.

A guide to oral health during pregnancy.

HOW DOES YOUR ORAL HEALTH AFFECT YOUR BABY?

Did you know that your teeth and gum problems can affect your baby?

Your baby could be born early, too small, or both if you have gum problems.

- **See a dentist** as soon as you know you are pregnant. Gum disease can be worse during pregnancy. Gum disease can cause red, sore, and bleeding gums. But you can have gum disease and have no signs. Gum disease is also called periodontal (pair-ee-oh-DON-tul) disease.

Germs passed from your mouth can cause cavities in your baby's mouth.

- Get your teeth checked and cleaned twice a year. This helps **cut down on germs in your mouth.** If you don't have dental insurance, call ACTION (1-866-340-4337). They can tell you about dental care in your area.

So protect your baby!

Angie flosses her teeth because it is good for her and her baby too.

Keep your mouth healthy.

- Drink plenty of **water with fluoride.**
- Ask your doctor or dentist if your tap water has fluoride. Fluoride is a safe, easy way to protect your teeth from tooth decay and help heal early decay. If you buy bottled water, check the label for fluoride.
- **Brush your teeth and gums** with fluoride toothpaste.
- **Floss** your teeth every day.
- **Eat three good meals a day.** Limit snacking between meals.