



## TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride (floor-ide) toothpaste and use a soft bristle brush to help **prevent tooth decay**.

**Floss** in between your teeth at least once a day.

**Eat a healthy diet** full of fruits, vegetables, whole-grains and drink plenty of water.

**Visit the dentist** regularly and replace your toothbrush once **every three months**.

## RESOURCES

### San Bernardino County WIC Program

1-800-472-2321

[cms.sbcounty.gov/WIC](http://cms.sbcounty.gov/WIC)

Nutrition education and food supplement program



### Black Infant Health

1-844-352-3985

[www.sbcounty.gov/dph](http://www.sbcounty.gov/dph)

Develop life skills, learn to reduce stress and build social skills



### Maternal, Child & Adolescent Health

1-800-277-3034

[www.sbcounty.gov/dph](http://www.sbcounty.gov/dph)

Breastfeeding promotion and support and tobacco cessation



### Medi-Cal Dental

1-800-322-6384

[smilecalifornia.org](http://smilecalifornia.org)

Find a dentist and other information on Medi-Cal Dental benefits



### March of Dimes Inland Empire

951-341-0903

[marchofdimes.org](http://marchofdimes.org)

Information and resources for pregnancy and your baby



For more information, please contact

**Smile San Bernardino County**

[info@smilesbc.org](mailto:info@smilesbc.org)

[www.SmileSBC.org](http://www.SmileSBC.org)



## Pregnancy and Oral Health



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## Public Health



## WHILE YOU ARE PREGNANT...

Your body goes through a lot of changes. Your ***gums might bleed*** more easily and you might be at more risk for cavities.

If you feel too nauseous to brush your teeth, ***rinse your mouth*** out with water or ***use mouth rinse*** that has fluoride.

If something does not feel right with your mouth or teeth, ***don't delay treatment.***



It is ***safe*** to visit the dentist during pregnancy.

Be sure to ***let your dentist know*** you are expecting.

***X-rays, dental procedures,*** and ***medications*** are safe during pregnancy.



## DID YOU KNOW?

Chewing gum that contains ***xylitol*** (zy-lih-tohl) can help prevent tooth decay.

***Cavities can spread*** from parent to child. Avoid sharing toothbrushes, spoons or cups. ***Do not put*** your child's hands or pacifier in your mouth.

[www.smileSBC.org](http://www.smileSBC.org)