



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 or sbcounty.gov/wic
Healthy food, nutrition tips and breastfeeding support for qualifying families with children under 5 years old



Black Infant Health

1-844-352-3985
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
Breastfeeding promotion and support and tobacco cessation



Medi-Cal Dental

1-800-322-6384
smilecalifornia.org
Find a dentist and other information on Medi-Cal Dental benefits



March of Dimes Inland Empire

951-341-0903
marchofdimes.org
Information and resources for pregnancy and your baby



For more information, please contact
Smile San Bernardino County
info@smilesbc.org
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 some 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

*Medications prescribed by your doctor or dentist