

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



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Pregnancy and Oral Health



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*.

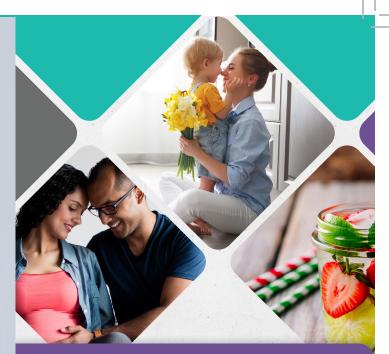


It is **safe** to visit the dentist during pregnancy.

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