

Pregnancy
is a time for **smiling**
and a time to pay
special attention to
the health of your
teeth and **mouth!**

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Pregnancy is a time for smiling! But did you know that it's also a time to pay special attention to the health of your teeth and mouth?

The health of your teeth and mouth may affect the health of your pregnancy. Studies show that pregnant women with severe gum disease may be more likely to deliver a baby too early or too small.

Changes in your hormones during pregnancy and snacking more often can make you more likely to get gum disease and tooth decay.

Oral disease can be prevented and treated. You can take these simple actions to protect you and your baby's health:

- Brush your teeth two times a day using toothpaste with fluoride, and floss daily.
- Brush your tongue.
- Eat a healthy diet.
- Limit sugary foods and drinks.
- Get a dental checkup while you are pregnant. Now, more than any other time, an examination of your teeth and gums is needed.
- Avoid sharing spoons, soothers, and other items between your mouth and your child's mouth. The germs that cause cavities are contagious!
- Take your child for a dental visit by age one and for regular visits after that.