

# Pregnancy



## Your baby's teeth are developing long before you see that first smile.

Children of moms with tooth decay are much more likely to develop tooth decay themselves. That is why it is so important for every mom to be have a healthy mouth.

- Brush your teeth twice a day with fluoride toothpaste, and floss daily.
- Continue to see a dental provider even when you are pregnant.
- Eat a healthy diet, rich in calcium.

Did you know...

By keeping your own mouth healthy you reduce the number of cavity-causing germs that are passed to your baby.



Improving general health through oral health  
for all Oregonians