



**SOUTHWEST INITIATIVE
FOUNDATION**

MINNESOTA EARLY CHILDHOOD



INITIATIVE

a campaign for our youngest children

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One Connection. Unlimited Possibilities.

Oral Health Tips for Pregnant Women

For mom and baby's well-being

Tips for Mom:

- Tell the dental office that you are pregnant when you make your appointment. Remind the dentist of this information at your appointment.

X-rays and pain medication can harm your unborn child's development. Certain times during your pregnancy are better than others to receive treatment. Leave extensive and cosmetic dental care until after your baby is born.

- See your dentist for regular cleanings and checkups to keep teeth and gums healthy during pregnancy.
- Brush and floss your teeth three times a day. Keeping your teeth clean, especially around the gumline, cuts down on bacteria.
- If you have morning sickness use a bland tasting toothpaste or try not to brush when symptoms are at their worst. Rinsing with warm water or an antibacterial rinse can also help.
- Sore, swollen, or bleeding gums can be a sign of pregnancy gingivitis. Call your dentist right away if you notice this.
- Eating a healthy and well-balanced diet is important for you and your baby's health.

Tips for Your Newborn:

- Starting at birth gently wipe baby's gums and tongue after each feeding with a moist washcloth.
- Rinse your baby's pacifier with water or replace it with a clean one if it gets soiled. Never "clean" the pacifier with your own mouth. Bacteria can pass from your mouth to your baby's.
- Don't let your baby sleep with a bottle. Over time this can lead to "baby bottle tooth decay."
- Never dip your baby's pacifier in honey or other sugary substances. Sugar can lead to future tooth decay and honey contains bacteria that makes young children sick.

DID YOU KNOW?

- ☑ During pregnancy teeth and gums are more susceptible to bacteria due to higher hormone levels.
- ☑ Higher bacteria levels can cause infections that can spread throughout your body and could lead to preterm labor or other complications.
- ☑ What happens to your body affects your baby's development; even their future teeth (which begin to develop around the third month of pregnancy).

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