

Healthy Smiles for Two



Taking care of your mouth while you are pregnant is important for you and your baby and gives your baby a healthy start.

Schedule a dental appointment (before or early in pregnancy) for a check up and cleaning.

Tips to Keep You and Your Baby Healthy

- Eat fruits, vegetables and healthy foods.
- Avoid snacks and drinks with added sugar. (like juice, soda pop & sport or energy drinks)
- Use products made with xylitol. (like IceBreakers® and Spry® gum or mints)
- Drink water that contains fluoride.



Tips to Keep You and Your Baby Healthy

- Brush at least twice a day.
(use a soft toothbrush and toothpaste)
- Floss everyday.
- Rinse with water if you can't brush after eating.
- Brush or rinse very well if you have morning sickness.
(rinse with 1 tsp. baking soda in a cup of water)



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- Germs from your mouth can spread to your baby's mouth so keep your mouth clean and healthy too.
- Get a dental check up and cleaning.
- Do not use tobacco. Protect yourself, your unborn baby, and your family from secondhand smoke; there is NO safe level of exposure!
- Go to doh.sd.gov/oralhealth for more information.



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