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Promoting Oral Health During Pregnancy

Welcome to Resources to Make You Smile! This monthly newsletter features information and tools Head Start staff can use to help families promote good oral health. These tips will help Head Start staff support families, pregnant persons, and children, including children with disabilities. The newsletter also includes a recipe for a healthy snack that children can make in a Head Start classroom or at home with their families.

Pregnancy and Oral Health



Maintaining good oral health helps people stay healthy during pregnancy. It also helps to prevent oral disease in their baby after birth. Head Start staff play a key role in engaging parents in conversations about the importance of good oral health during pregnancy.

Explore the [Promoting Oral Health During Pregnancy](#) tip sheet to identify oral health issues that can occur during and after pregnancy. Learn tips you can use to encourage pregnant persons to keep their mouths healthy. This resource is part of the [Brush Up on Oral Health tip sheet](#) series.

Resources for Pregnant Persons

Share these resources with parents to reinforce positive oral health messages.

[Healthy Habits for Happy Smiles](#)

Use these tip sheets to support pregnant persons in keeping their mouths healthy:

- [Taking Care of Your Oral Health When You Are Pregnant](#)
- [Getting Oral Health Care While You Are Pregnant](#)

[Getting to Know Me: Information for a Pregnant Woman's Dental Office](#)

This form is designed for pregnant persons to share information about themselves with dental office staff. It includes questions about prenatal care, what a person does to take care of their mouth and teeth, and their experiences during pregnancy.

Cook's Corner Recipe: Watermelon Stars and Blueberries

Ingredients

- 1 small seedless watermelon
- 1 pint fresh blueberries

Directions

1. Cut the watermelon into 1- to 1½-inch slices.
2. Use a star-shaped cookie cutter to cut pieces out of the watermelon slices.
3. Put a layer of watermelon stars into a bowl.
4. Sprinkle the blueberries over the layer of watermelon stars.
5. Repeat steps 3 and 4 until all the watermelon stars and blueberries have been used.

Makes 8 to 10 servings

Safety tip: To prevent injuries, an adult should slice ingredients and supervise the use of cookie cutters.



Stay Informed

Please share this issue of Resources to Make You Smile! with colleagues who may be interested. Find past issues of

[Resources to Make You Smile!](#) on the Early Childhood Learning and Knowledge Center (ECLKC).

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We Want to Hear from You

Send your questions or comments to the National Center on Health, Behavioral Health, and Safety at health@ecetta.info or (toll-free) 888-227-5125.

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