



National Center on  
Health, Behavioral Health, and Safety

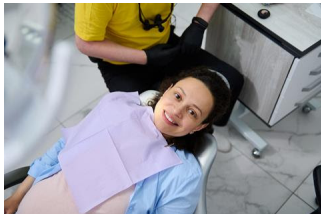


June 2024 | Issue No. 40

## 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 help Head Start staff support families, expectant families, and children. 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



Pregnant women and pregnant people may not be aware that maintaining oral health is an important part of keeping healthy during pregnancy, and that receiving oral health care during pregnancy is safe.

Receiving oral health care and maintaining good oral hygiene during pregnancy reduces the risk that babies will experience oral health problems later in life. When expectant families keep their mouths healthy, it sets the family up for a lifetime of good oral and overall health.

### Resources for Staff

Review [Promoting Oral Health Services for Pregnant People](#) from the [Brush Up on Oral Health](#) tip sheet series to learn about oral health concerns during pregnancy.

Discover tips to help expectant families keep a healthy mouth.

Read [Oral Health Considerations for Pregnant People](#) from the [Health Manager Orientation Guide](#) to learn tips and strategies for maintaining good oral health during pregnancy.

Explore [Oral Health Care During Pregnancy: A National Consensus Statement](#) to help health and social services professionals, including Head Start staff, respond to the oral health needs of pregnant women and pregnant people. It was developed by the National Maternal and Child Oral Health Resource Center in collaboration with the American College of Obstetricians and Gynecologists and the American Dental Association.

## Resources for Parents

Share the [Healthy Habits for Happy Smiles](#) handouts with pregnant women and pregnant people to help them learn more about the importance and safety of oral health care during pregnancy:

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

Provide the [Getting to Know Me: Information for a Pregnant Woman's Dental Office](#) form to complete before their first dental visit during pregnancy. Answers to the questions help dental office staff learn about prenatal care being received, oral hygiene practices, and other relevant experiences during pregnancy.

Share the National Maternal and Child Oral Health Resource Center's [Tips for Good Oral Health During Pregnancy](#) handout with pregnant women and pregnant people to help them learn about how to take care of their oral health during pregnancy. The tip sheet is also available in [Arabic](#), [Chinese](#), [Chuukese](#), [German](#), [Korean](#), [Portuguese](#), [Russian](#), [Samoan](#), and [Vietnamese](#).

---

## Cook's Corner Recipe: Whole Grain Toast with Choice of Spreads and Toppings

### Ingredients

1 slice of whole grain bread, toasted

Choice of spreads include

½ avocado, mashed

¼ cup plain low-fat yogurt

¼ cup hummus

¼ cup peanut butter

¼ cup low-fat cottage cheese

¼ cup low-fat cream cheese



Choice of favorite toppings include

¼ cup sliced strawberries

¼–½ cup blueberries

1 fried or sliced hardboiled egg

¼ cucumber, sliced

1 small banana, sliced

¼ cup diced tomatoes

### **Directions**

1. Place spread of choice on one side of toasted whole grain bread slice.
2. Add topping of choice on top of the spread to form an open-faced sandwich.

**Makes 1 serving.**

---

### **Stay Connected!**

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics. Members of the **Health, Safety, and Wellness** community are currently networking, sharing, and learning from each other. Find it under "All Communities" and select the blue "Join" button.

Please share this issue with others who may be interested.

Did someone forward you this newsletter? [Subscribe](#) to stay up to date!

### **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](mailto:health@ecetta.info) or (toll-free) 888-227-5125.

---

---

---