

# 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)



# Healthy Smiles for Two

- 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](http://doh.sd.gov/oralhealth) for more information.



Oral Health Program  
SD Department of Health  
615 East 4<sup>th</sup> St., Pierre, SD 57501  
605-773-3737  
<http://doh.sd.gov/oralhealth>



9,000 copies of this brochure were printed with funds from HRSA Grant #T12HP14993 at a cost of \$.111 per copy.  
OHO19 To reorder this brochure go to: <http://doh.sd.gov/oralhealth> 1/10