

# Tips and Tricks

## Teeth for Two -- Oral Health for Mom and Her Baby



Morning sickness can add to your risk for tooth decay. Best to rinse with water and/or water with a bit of baking soda immediately, and wait for 30 minutes before brushing



Resist the temptation to graze on crackers, chips, cookies and candy. Try sugar-free cheese sticks, beverages and candy, plus fresh fruits and vegetables



Make sure to see a dentist for regular exams and cleanings during your pregnancy



It is safe for you to have dental treatment during pregnancy, especially if you have pain or infections.



Keep your teeth and gums healthy throughout your pregnancy. Good for you, and good for your baby



Brush your teeth and along your gum line with a soft bristle tooth brush in the morning after breakfast and in the evening after your last snack



Floss between your teeth to remove plaque and food particles once each day



Your gums may feel a little more tender due to hormonal changes. Maintain gentle brushing and flossing, and consult your dentist with any concerns.

