



Protect your baby from tooth decay

- Visit your dentist regularly
- Breastfeed for 6 months or longer
- If your teeth decay easily, ask about:
 - ✓ chlorhexidine rinses
 - ✓ chewing gum with xylitol
 - ✓ 3-5 times daily
- Start brushing your baby's teeth as soon as they start coming in.
- Take your baby to the dentist by the first tooth or first birthday.

Resources for Dental Care

- Call 211
- Snohomish Health District
www.snohd.org

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter "D" for Dental Care or "O" for Oral Health.

425.339.5219 (recorded list)

Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

- **WithinReach**
www.parenthelp123.org
Online eligibility for Medical/dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 206
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Produced in conjunction with



Oral Health for Children



What pregnant women need to know





Dental care anytime during pregnancy is safe!

Healthy Moms = Healthy Babies

- A sign of poor oral health is gums that swell and bleed easily while pregnant.
- Germs that cause tooth decay pass from the mother to new babies.
- Children may get tooth decay earlier and faster when mom has tooth decay.

Schedule visits soon!

Medicaid will pay for dental care during pregnancy and 2 months after the baby is born.

- X-rays and dental treatment are SAFE anytime during pregnancy.
- Dental cleanings improve oral health and may reduce chances for pre-term labor.
- Sitting in the dental chair for cleanings or fillings is often easier in the second trimester.
- Delaying dental treatment can result in serious problems for mom and baby.



Frequent nausea or vomiting?

- Eat small amounts of healthy foods during the day.
- Chew gum—sugarless or with xylitol—after meals.
- Rinse your mouth with one teaspoon of baking soda in a cup of water after vomiting to protect teeth from stomach acids.
- Brush gently with fluoride toothpaste to prevent tooth damage caused by too much vomiting.