

### Protect your baby from tooth decay

- Visit your dentist regularly
- Breastfeed for 6 months or longer
- If <u>your</u> 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 <u>www.snohd.org</u>

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 Everett, WA 98201-3900 425.339.5219

Produced in conjunction with



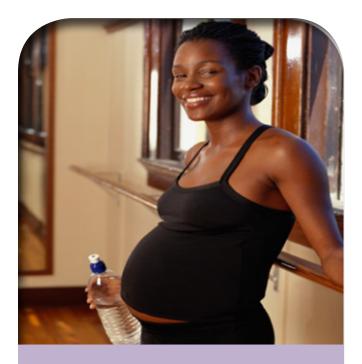
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# Oral Health for Children



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.