

Pregnancy & Healthy Eating

WHAT YOU SHOULD KNOW

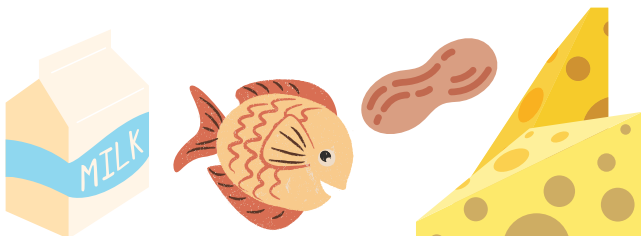
What you **eat** during pregnancy can **affect baby's teeth**

Baby teeth begin to form in the **6th week** of pregnancy

Vitamin D and Calcium are very important for developing strong teeth

- Eat foods rich in Calcium and Vitamin D, like **dairy products, nuts, fish**

Getting enough Vitamin D during pregnancy helps **decrease baby's risk of developing tooth decay.**



About Us

Healthy Smile Happy Child was **founded in 2000** in response to the high rates of early childhood tooth decay and excessive demand and wait times for children's dental surgery under general anesthesia

Our goal is to **prevent early childhood tooth decay** and **promote good oral health**

We are guided by three fundamental principles: (1) **relationship building and community development**, (2) **oral health promotion**, and (3) **research and development**

WANT MORE INFORMATION AND RESOURCES?

CONTACT US

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umanitoba.ca/dentistry/healthy-smile-happy-child



Healthy Smile Happy Child



DENTAL HEALTH & PREGNANCY

Healthy smiles start at home!



2022

Pregnancy & Dental Visits

WHAT YOU SHOULD KNOW

Dental treatment during pregnancy is **safe**

Make sure to **schedule a dental check-up** at the beginning of pregnancy to get your teeth checked and cleaned

Preventive treatment (cleanings) can be done at any time during the pregnancy

Wait until the **second trimester** for other non-urgent dental treatments, like fillings



Pregnancy & Oral Health

PREGNANCY & GUM DISEASE

Pregnant women are more likely to get **gum disease (bleeding gums)** due to a surge in **pregnancy hormones**

Symptoms of gum disease:

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Sensitive teeth
- Loose teeth

A good oral hygiene routine can help **protect your gums and teeth**

Brush your teeth 2 times per day for 2 minutes with toothpaste that contains **Fluoride**

Floss at least once a day

Avoid using tobacco products (smoking, vaping)

Get a **dental check-up and cleaning** at the beginning of your pregnancy



MORNING SICKNESS

Vomiting can expose your teeth to stomach **acid**

This puts you at **higher risk of tooth decay**

WHAT TO DO AFTER VOMITING: **Rinse your mouth** with water or **Fluoride mouthwash**

Wait 20-30 minutes before brushing your teeth

