Think Teeth
See Your Dentist
While You Are Pregnant

It's important to visit the dentist while you are pregnant. Why? Your oral health is important for your growing baby's health.

- Tooth decay is caused by bacteria. Your baby can "catch" the bacteria from you.
- Keeping *your* teeth and gums healthy now can help protect *your baby's* teeth later.
- Here's how you can prevent dental disease:
  - Brush and floss daily, and use fluoride toothpaste.
  - Eat a healthy diet.
  - Visit the dentist. Dental care during pregnancy is safe – this includes x-rays and local anesthesia.

Schedule a check-up today. If you need help finding a dentist, ask your doctor. Be sure to tell your dentist or hygienist that you are pregnant.

You could be eligible for free or low-cost health coverage through Medicaid. Some states have dental coverage for pregnant women.

To learn more, call **InsureKidsNow.gov** or call **1-877-KIDS-NOW (543-7669)**.

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InsureKidsNow.gov