

Yep. This early.

Build oral health habits early.
The earlier you start,
the easier it is.



Caring for your children's oral health sets them up for a lifetime of better overall health. It all starts before they are even born.



When you're pregnant, you're at higher risk of gum disease and cavities — so **visit the dentist for a prenatal dental appointment.**

After your baby is born, cavity-causing germs in your mouth can cause cavities in your baby's teeth — so it's better to get it taken care of before your hands are full (literally) with your new baby.

THE MIGHTY MOUTH
UNLEASH THE POWER OF ORAL HEALTH

ARCORA
The Foundation of Delta Dental of Washington

Visit TheMightyMouth.org to get connected to a dentist in your area who accepts your insurance, including Apple Health.