

## Find Dental Care

If you have dental insurance, visit that company's website to find a dentist in your area.

If you are insured by Medicaid (also known as Apple Health), you have dental coverage!

Visit [www.WAHealthPlanFinder.org](http://www.WAHealthPlanFinder.org)

For more information visit:

[www.TheMightyMouth.org/find-dentist/finding-paying-dental-care](http://www.TheMightyMouth.org/find-dentist/finding-paying-dental-care)

Dental offices can tell you what is covered by your dental plan. You can ask:

- How much the care will cost you
- If the dentist offers payment plans



## Dental care and treatment during pregnancy is safe and important.

Professional organizations such as the American College of Obstetricians and Gynecologists and the American College of Nurse-Midwives recommend that pregnant women receive regular dental check-ups and have cavities and other dental problems treated right away.

The American College of  
Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS



AMERICAN COLLEGE  
of NURSE-MIDWIVES  
With women, for a lifetime™

Midwives'  
Association  
of  
Washington  
State

WCAAP  
The Washington Chapter of the  
AMERICAN ACADEMY OF PEDIATRICS



# ARCORA

The Foundation of Delta Dental of Washington

# Cavity Free for Baby and Me



## How your oral health affects your baby



# Congratulations!

With a baby on the way you have a lot to do. Here's why good oral health habits should be high on your list.

Your oral health can affect your baby now...and later. Putting off dental care and necessary treatment could result in significant risk to you and your baby.

- Prior to birth, a bad tooth or gum infection can spread throughout your body leading to serious health problems.
- Following birth, you can pass cavity-causing germs to your baby.

Changes to your body during pregnancy can make you more likely to get gum disease. Problems like sore and bleeding gums are common, making oral hygiene even more important.

## Here's what you can do at home.



Brush twice a day with fluoride toothpaste.



Floss daily.



Limit starchy and sugary foods. They stick to your teeth and feed the bacteria that cause cavities. Sweetened drinks – including juice and soda – should also be avoided.



Drink lots of water. Fluoridated water is best.

## Dental visits during pregnancy are safe and important.

Go to the dentist while you are pregnant to make sure your mouth is healthy. Get necessary treatment before your baby is born and take care of your mouth after your baby is born. Cavity-causing bacteria in your mouth can cause cavities in your baby's teeth later.

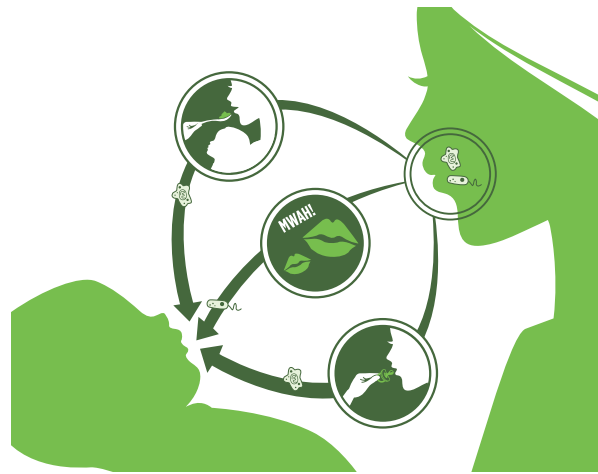


- Fillings, x-rays, and certain medications are safe during pregnancy. Tell your dentist or hygienist that you are pregnant and when you are due.
- Your dentist or hygienist may recommend rinses with fluoride or chewing gum with xylitol, which reduce bacteria that cause tooth decay.



## Did you know...

Moms with untreated tooth decay and gum infections can pass cavity-causing bacteria to their babies through such things as kissing, sharing utensils and putting baby's pacifier in their mouths.



*Cavity-causing germs can be passed from you to your baby*

**Go ahead—kiss your baby!  
Just be sure you're cavity-free.**

## How often you snack — not just what you eat — can harm your teeth.

- Teeth need breaks between meals and snacks to stay strong and resist decay.
- Avoid sipping and “grazing” throughout the day.
- If you can't brush, rinse your mouth with water after eating.