



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

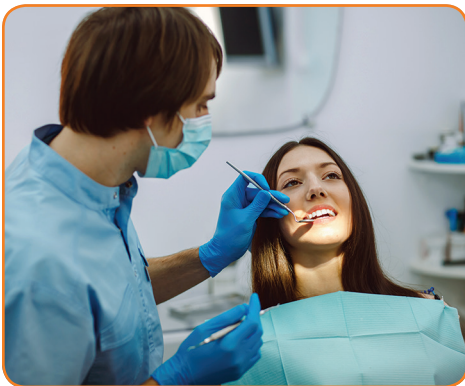
Pregnancy & Oral Health

Did you know?



Women with untreated gum disease may have premature or lower birth weight babies.

25 % of women will have swollen, bleeding gums during pregnancy due to hormonal changes.



Remember to have regular checkups and cleanings during your pregnancy (*tell your dentist or dental therapist that you are pregnant*).

Babies get the bacteria (germs) that causes tooth decay by sharing saliva with their mothers or other caregivers.





First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Pregnancy & Oral Health



Morning Sickness:

Stomach acids left in the mouth can damage teeth.

If you vomit:

- First, rinse your mouth with water.
- Then, wait 30 minutes and brush with fluoride toothpaste.

Caregivers can chew gum with xylitol to decrease the number of cavity causing bacteria in the mouth.



Your baby's teeth begin to form at 5-6 weeks of pregnancy

- Eat well balanced meals and snacks.
- Limit sweet drinks and sticky snacks.
- Get enough calcium and Vitamin D.

