

Pregnant or a New Parent?



Dental Health and Pregnancy



Hormonal changes can cause your gums to be sore, swollen and bleeding.



Taking care of your teeth and gums is very important when you are pregnant. During pregnancy, your hormones change and this can increase your risk of gum disease.



I shouldn't see a dentist while I'm pregnant



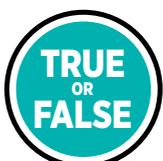
Regular dental cleanings and check-ups are safe at any time during pregnancy. Tell your dentist or dental hygienist that you are pregnant.



Morning sickness doesn't affect your teeth.



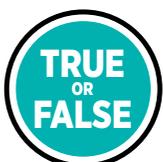
Rinse your mouth with water after you vomit from morning sickness. Stomach acid can damage your teeth and cause them to decay. After rinsing your mouth, wait at least 30 minutes before you brush your teeth.



Pregnancy doesn't weaken your teeth.



But each time you have a sweet snack or drink, or munch on crackers or chips, your teeth go through an acid attack. Choose healthy snacks like fruits and vegetables.



Gum Disease won't affect my baby.



Having a healthy mouth could lower your risk of having a premature birth or a low birth weight baby.

How can I keep my teeth and gums healthy?

- Brush your teeth at least twice a day with toothpaste that contains fluoride.
- Clean carefully along the gum line.
- Floss your teeth every day.
- When you are thirsty drink water instead of juice, fruit flavored drinks or pop.
- Rinse your mouth with water after snacks.
- Eat healthy foods and limit foods that are sweet or stick to your teeth.



Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.