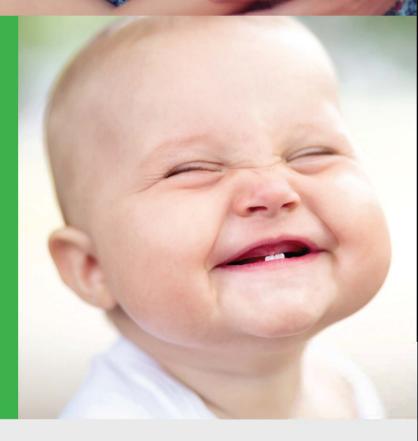# Healthy Little Smiles Start Here

During pregnancy, hormonal changes may make your gums more susceptible to bacteria, and remember—you're really brushing for two. Here are some fundamentals to remember during pregnancy to protect your oral health and give your baby the best chance at a healthy smile.

Oral Health During Pregnancy:

- When you are pregnant, what you eat is important. Eating right will help you and your growing baby stay healthy. Follow your doctor's advice for eating the right foods and taking vitamins.

- Schedule a complete dental checkup before you become pregnant or early in your pregnancy. Your dentist can give you advice to make sure your gums and teeth stay healthy during your pregnancy.

*LifeSmile can help you prevent disease and keep you on the path toward a healthier, happier life for you and your baby. Take advantage of numerous free resources for improving your oral health at **deltadentalmn.org/oral-health.***

What's Your Score?

Is your oral health at risk? Take a quick online assessment that you can share with your dentist to help identify risk indicators and make a plan for protecting your smile.

> **Take the Online Assessment**