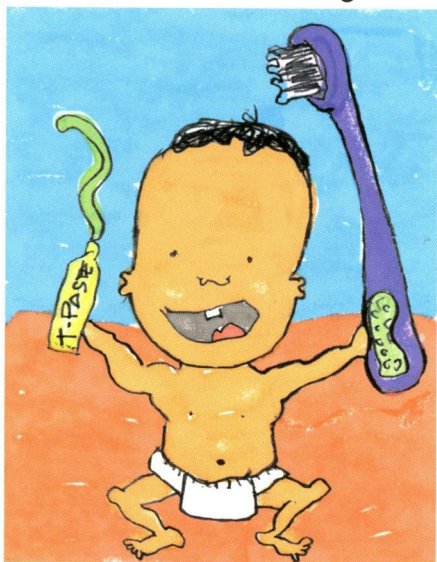


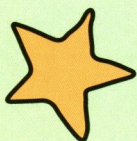
Start Motherhood with a Healthy Mouth.

Mom, take care of your



teeth for the both of us!

Cavities are caused by
germs. Parents can
pass these germs
to their children.



What can you do?

Keep your teeth and gums
healthy. This helps prevent
cavities in your baby's mouth.



See a dental professional
during your pregnancy.



Limit sweet and starchy snacks
such as soda, candy, crackers,
and chips. These foods feed
the germs that live in your
mouth and cause cavities.



Brush and floss your teeth
well each day. Brushing with
fluoride toothpaste at least 3
times each day prevents cavities.



Take your baby to a dentist or
physician for an oral screening
by his/her first birthday.



For information on free or
low-cost medical and dental
insurance call the
Family Health Hotline at:.

1-800-322-2588

Family Health Hotline

a program of

WithinReach

DELTA DENTAL
Washington Dental Service
Foundation

Community Advocates for Oral Health

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