

Do you know about Dental Services for Pregnant Women?

- ☆ If you have Medical Assistance or are enrolled in the Maryland Children's Health Program (MCHP), you have dental coverage.
 - ☆ Dental care is available for pregnant women of any age.
 - ☆ If you do not receive Medical Assistance or MCHP, but think you are eligible, please contact your local health department or department of social services.
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Good dental health can reduce your risk of having a premature baby.

If you have good dental health habits, your child will have good dental health habits too.



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
John M. Colmers, Secretary

Department of Health and Mental Hygiene
Family Health Administration
Office of Oral Health, Office of the Maryland WIC Program,
& The Center for Maternal and Child Health

Dental Health Tips for Pregnant Women

Good dental health habits are important during pregnancy. Here are some tips to keep you and your new baby healthy:

- ☆ Brush your teeth twice a day with a fluoride toothpaste.
- ☆ Floss your teeth once a day to keep your gums healthy.
- ☆ See your dentist or hygienist for your regularly scheduled appointments.
- ☆ Snack on healthy foods such as vegetables, fruit, and cheese.
- ☆ Avoid foods that are sticky and that contain a lot of sugar. These foods can cause tooth decay.



For more information on the importance of good dental health during pregnancy, call the number below or contact your local health department.