

Setting Goals for Oral Health During Pregnancy



Make a dentist appointment.

Drink less soda and sugary beverages.

Go to the dentist.

Eat more fruits and vegetables.

Brush with fluoride toothpaste twice a day.

Use *Pregnancy Passport*.

Floss once a day.

Read *Child Passport* before baby is born.

Drink more tap water.



Healthy Teeth
Healthy Kids

To find a dentist,
visit: HealthyTeethHealthyKids.org