

Have you been
vomiting
a lot during your
pregnancy?

- If your answer is “Yes,” you need to protect your teeth.
- Each time you vomit rinse your mouth with water to get rid of the acid that can attack your teeth.



Taking care of your teeth and gums during your pregnancy is the only way to prevent problems and to ensure your baby's good dental health.

Paahpíhkweí!!!
Keep smiling!!!
Garde ton sourire!!!



CH-4

Version française disponible



Prenatal Dental Care

Baby is Coming Soon!



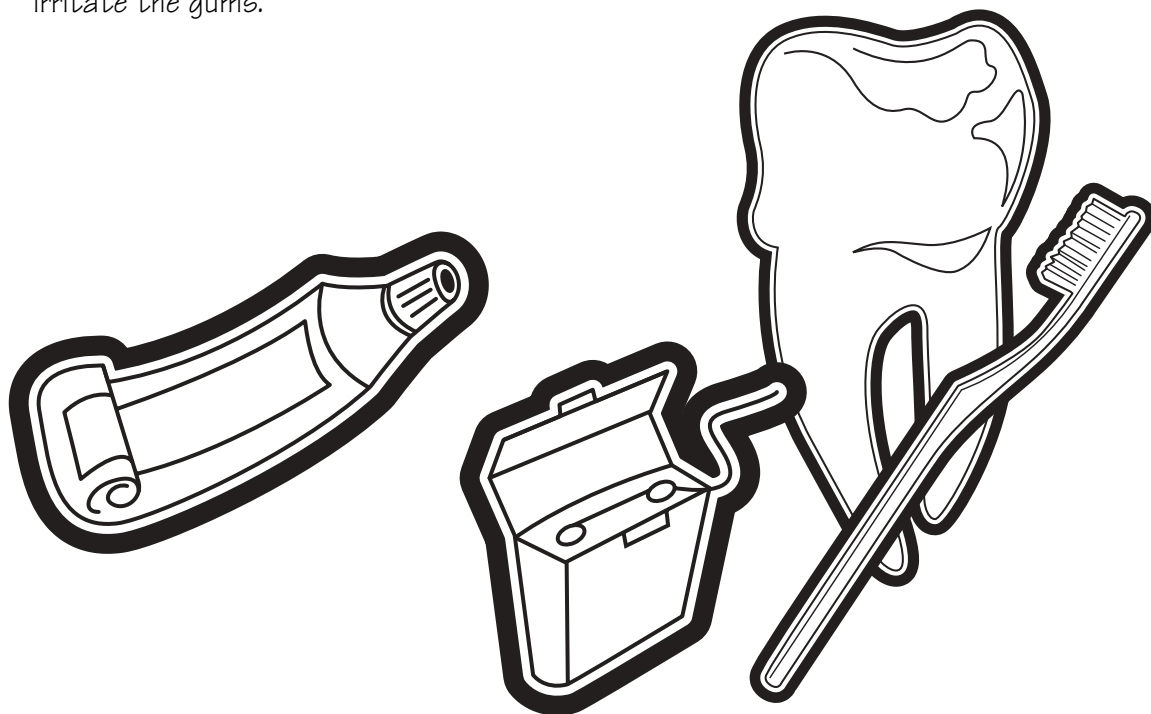
Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

Are your gums
red, swollen,
painful? Do they
bleed easily?

This is called “pregnancy gingivitis”.
It is mainly caused by an increase in
hormones and by bacteria that stick
to the teeth (dental plaque) and
irritate the gums.

What should I do?

- ▶ Brush your teeth and gums after each meal.
- ▶ Eat healthy snacks.
- ▶ Get more information from your dentist or dental hygienist.



Together with the Public Health Dental Prevention
team: aiming for a cavity-free generation!