



smile discoveries™

Dental experts recommend visiting a dentist for a check-up if you are planning to become pregnant or as soon as you find out you are pregnant.

Your dentist can assess your oral health and determine how frequently you need to be seen during your pregnancy in order to maintain optimal oral health.

Maintaining good nutrition during pregnancy is important for the health of both you and baby. Your baby's teeth begin to develop during the second trimester of pregnancy.

Pregnancy is a great time to establish or renew good oral health habits. Choose to make a healthy difference in your life and your baby's.

Remember you're eating and brushing for two.

Are you about to be a mom? Pregnancy is a time to take especially good care of your oral health. You can help yourself and your baby by practicing healthy dental habits and eating a nutritious diet.

 **DELTA DENTAL®**

Delta Dental Plan of Minnesota



A campaign for improving the oral health of all Minnesotans.

For additional oral health information, visit us at
www.deltadentalmn.org
