

Oral Health for Pregnant Moms/Lesson Plan

Goal: WIC participants will understand the importance of good oral health during pregnancy.

Objectives: WIC participants will be able to:

- A. Identify the cause of dental problems during pregnancy.
- B. State when baby teeth form.
- C. Identify ways of keeping baby teeth healthy.

Identify yourself. Ask how many mothers have been to a dentist since they got pregnant?

I. Ask: Why do I need to take care of my teeth during pregnancy?

Key Points:

- A. Anything that damages a mother's health can affect her baby, so good dental health is important.
- B. Pregnancy gum disease often happens during pregnancy, which is when the gums become swollen, red, and bleed easily.
 - It happens because of hormone changes in the body.
 - This condition should go away after pregnancy, but if your gums are still swollen after birth, see your dentist.
- C. The baby does not take its calcium from your teeth and bones; it gets its calcium from what you eat.
 - This means you need to eat plenty of calcium so your baby will have strong teeth and bones.
- D. Baby teeth begin to form during the sixth week of pregnancy.
 - Permanent teeth begin to form at twelve weeks (postnatally) and continue to form until they are eight years old.

II. Ask: Why do I have more dental problems during pregnancy?

Key Points:

- A. Because the need for food has increased, snacking also increases - especially on sticky foods that stay on your teeth longer. This puts you at higher risk for developing tooth decay.
- B. Hormone changes cause gums to swell and get red.
- C. Pregnant moms sometimes become busier and run out of time and energy to care for themselves, therefore their dental health may not be as good.

III. Ask: How can I keep my teeth and my baby's teeth healthy?

Key Points:

- A. Eat a balanced diet with plenty of calcium and other vitamins.
- B. Let your dentist know that you are pregnant.
- C. Avoid taking x-rays while you are pregnant.
- D. Tooth decay is an infectious disease! To avoid transmitting to your child the germs or bacteria that cause tooth decay, keep dental plaque off of your teeth by brushing twice a day with fluoridated toothpaste.
 - Dental plaque is made up of the germs or bacteria that cause tooth decay,
- E. Floss your teeth twice at least once a day.
- F. Keep gums healthy by flossing once a day.

- G. See your dentist or hygienist for your regularly scheduled appointments.
- H. Snack on foods such as fruits, vegetables and cheese.
- I. Avoid foods, especially if they're sticky, and sugary drinks (sodas, sweetened juices, fruit juices) that contain a lot of sugar. These foods and drinks can cause tooth decay.

IV. **Ask: Is there anything else that I need to know?**

Key Points:

- A. Recent information shows that keeping teeth and gums healthy helps to prevent premature low birth weight babies.
- B. Gum disease is an infection inside the mother's body.
 - It causes higher levels of labor hormones that could induce labor before the baby is ready to be born.
- C. Be cautious with your dental health during pregnancy. Your body and your baby will thank you.

Activity Suggestions:

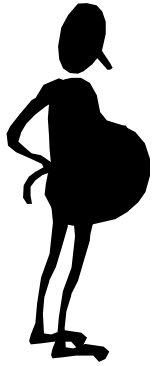
When talking about calcium, go over the food guide pyramid, and how many servings a person needs out of each group.

Give brushing and flossing tips when going over how to keep your teeth and your baby's teeth healthy.






Evaluation Plan: Evaluation will be based on verbal responses from the WIC participants. If the group consists of 8 participants ask at least 2 people to answer one of the questions below. Note: If the group is larger or smaller than 8 participants, roughly as 25% of the group.

- What can cause dental problems during pregnancy?
- When do baby teeth begin to form?
- Name one way to keep baby teeth healthy.




Dental Health for Pregnant Moms



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 teeth and 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.

Do you know about... Dental Services for Pregnant Moms?

-  If you have Medicaid or are enrolled in the Maryland Children's Health Program (MCHP), you can get dental care.
-  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.

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.

