

# Brush, Floss, Swish!

## Did you know?

- When you are pregnant, problems like sore, bleeding gums are common, making oral hygiene even more important.
- It is important to continue brushing and flossing daily to keep gums and teeth clean and healthy and prevent cavities.
- When you are unable to brush you can “swish and swallow” with water after eating and drinking sugary beverages like juice and soda.



## Take the Healthy Mouth Challenge!

### I will:

- Brush twice a day with fluoride toothpaste.
- Practice flossing.
- Floss daily.
- Get in the routine of swishing and swallowing when I can't brush!

