**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.

To find a dentist, visit: HealthyTeethHealthyKids.org

**Healthy Teeth Healthy Kids**

Maryland Dental Action Coalition

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