**`**

**Oral Health**

***It is safe to have dental care while pregnant.***

* *Brush twice daily*
* *Floss once daily*
* *See your dentist twice per year*
* *Do not spread cavity causing germs from your mouth to your child*
* *Take your baby to the dentist on their first birthday or when they get their first tooth*

*For more information about oral health, visit* [*https://smilesbc.org/*](https://smilesbc.org/)*.*

**3**

**Physical Activity**

***During Pregnancy:***

* *Reduces body aches and pains*
* *Eases constipation*
* *Reduces risk of diabetes, high blood pressure, and excessive weight gain*

***After Birth:***

* *Supports weight loss*
* *Increases energy*
* *Promotes sleep*
* *Improves mood*

**1**

**Nutrition**

***Support the growth of your baby and maintain a healthy weight by:***

* *eating a variety of fresh fruits and vegetables.*
* *Taking a daily prenatal supplement*
* *Avoid raw or unpasteurized foods*
* *Avoid raw or undercooked meat, fish, and poultry*
* *Avoid alcohol, drugs, smoking and limit caffeine*

**2**

**Things to Know about Whole Body Health During and After Pregnancy**

**3**

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**.

To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).

**INSERT PARTNER LOGO**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.