



## Vitamin D: The Sunshine Vitamin

Our skin uses the sun to make vitamin D.

Unfortunately the following factors limit the amount of vitamin D we make:

- Living in northern latitudes (most of Canada)
- Staying indoors most of the time
- Use of sunscreen
- Dark coloured skin

Pregnant women can make sure they get enough vitamin D (200IU daily) by getting it in their diet.

### For example, you can get 200IU Vitamin D from:

- 2 cups of milk or fortified soy beverage plus 1 egg yolk or 1 teaspoon of margarine.
- Prenatal vitamin (check your brand)

# Prevent Early Childhood Tooth Decay

Early childhood tooth decay (ECTD) is a preventable and painful type of tooth decay that can affect very young children (even children under 1 year).

### Prevent ECTD by:

- Brushing your baby's teeth twice a day as soon as the first tooth appears, especially before bed
- Using a tiny amount (1/8 size of a pea) of fluoride toothpaste when your baby turns 1 year old
- Avoiding putting juice or other sweet drinks in bottles or sippy cups
- Avoiding putting baby to bed with a bottle (unless it contains water)
- Avoiding passing-on of cavity-causing bacteria to baby (don't taste food, clean baby's soother in your mouth or use your own toothbrush for baby)

### Dental Services in Your Community:



## Healthy Baby Teeth Start Here!



▶ Prenatal  
Information

Healthy Smile Happy Child Project

# ▶ Pregnancy Gum Infection

Researchers have recently found that moms with gum disease were more at risk for having a **preterm, low birth weight** baby.

Pregnant women are at increased risk for gum infection because of hormones released during pregnancy.



How you care for your gums and teeth can affect your baby's health.

## Symptoms of Gum Infection:

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth

## Prevent Gum Infection



- Brush your teeth twice a day (with a fluoride toothpaste)
- Floss every day
- Visit the dentist and dental hygienist for a check-up and cleaning
- Eat a well balanced diet
- Don't use tobacco products



**See your dentist or dental therapist** if you are pregnant or are thinking of becoming pregnant to have your gums and teeth checked and treated if necessary. This helps to prevent you from passing on the bacteria that causes tooth decay to your baby.

## ▶ Healthy Eating

Eating enough and a variety of foods is important for you and your growing baby.

Be sure to include good sources of calcium and vitamin D in your diet every day. **These nutrients are important for healthy baby teeth.**

### Calcium-Rich Foods (1 serving each)

- Milk or fortified soy beverage (1 cup)
- Cheese (1.5 ounces/50 grams)
- Yogurt (3/4 cup)
- Almonds (1/4 cup)

### Some Sources of Vitamin D

- Salmon
- Milk or fortified soy beverage
- Egg yolks
- Margarine

**4-5 servings of calcium-rich foods daily gives you all the calcium you and your baby need**



If you can't get all the calcium you need from food consider taking a Calcium + Vitamin D supplement.