

#### 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 (600 international units (IU) daily) by getting it in their diet or by taking a prenatal vitamin supplement.

#### For more information on Vitamin D check out:

http://www.dietitians.ca/ Nutrition-Resources-A-Z/ Factsheets/Vitamins/Food-Sources-of-Vitamin-D.aspx

Talk to your doctor for more information about Vitamin D and current recommendations during pregnancy.

### **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).

#### How Can I Help to Prevent ECTD?

- Brush your baby's teeth twice a day as soon as the first tooth appears, especially before bed
- <u>Children from birth to 3 years of age</u>: ask your dental professional if your child is at risk for tooth decay\*
  - → If child is at risk, use a small amount (the size of a grain of rise) of flue



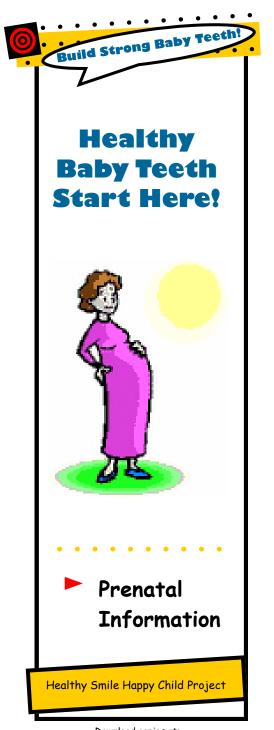
of a grain of rice) of fluoride toothpaste

 $\rightarrow$  If child is not at risk, only use water

A child may be at risk of early childhood tooth decay if the child: is living in an area with non-fluoridated water, has white chalky areas or cavities, has lots of sugary snacks/ drinks between meals, teeth are not brushed daily, or caregiver has tooth decay.

- Avoid putting juice and sweet drinks in bottles or sippy cups
- Avoid putting baby to bed with a bottle (unless it contains water)

Dental Services in Your Community:



Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral\_child.php

Healthy Smile Happy Child 2007. Revised May 2014.



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

#### Symptoms of Gum Infection:

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

It is safe and healthy to visit your dental team while pregnant.

Your good oral habits can help to protect your baby from early childhood tooth decay.

#### Morning Sickness

Vomiting because of morning sickness leaves acid in your mouth that may weaken the protective layer on your teeth. Wait 20 -30 minutes before brushing your teeth.

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

# Prevent Gum Infection

- Brush your teeth twice a day (with a fluoride toothpaste)
- → Use a non-flavored toothpaste if strong flavors and smells make you feel like vomiting.
- Floss every day
- Visit the dental team for a check-up and cleaning
- Eat a well balanced diet
- Don't use tobacco products



See your dental team 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.

#### <u>Calcium-Rich Foods</u> (1 serving each)

- Milk or Fortified Soy beverage (1 cup)
- Cheese (1.5 ounces/50 grams)
- Yogurt (3/4 cup)
- Cooked Spinach or Kale (1/2 cup)
- Almonds (1/4 cup)

Some Sources of Vitamin D		
Salmon	2.5 ounces/ 75 grams	203 - 699 IU
Milk/ Fortified soy beverage	1 cup/ 250mL	100 - 123 IU
Egg yolks	2 large eggs	57-88 IU
Margarine	1 teaspoon	27 IU

3-4 servings of a variety 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.