



Fact or Myth?

Maternal Oral Health Activity



OBJECTIVE

To increase awareness about maternal oral healthcare and improve health outcomes for pregnant individuals and babies.

PROGRAM OVERVIEW

Delivering Smiles is an evidence and research-based approach to promote the importance of prenatal oral health. The oral health of a pregnant individual has direct effects on birthing outcomes. This program will focus on a variety of activities to promote awareness of pregnant mothers and families, including educational workshops, mommy kits, referral systems, and community engagement.



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SUPPLIES NEEDED

TO PRINT AND DISPLAY

- Printed question cards (one question per card) or a poster with all questions listed
- A way to show "FACT" and "MYTH" answers — such as:
 - Printed answer cards
 - A flip chart or whiteboard
 - A slideshow on a laptop, tablet, or TV screen
 - Printed Tooth with "Fact" and Printed Tooth "Myth"

FOR PARTICIPANTS

- Printed answer sheets (optional — if playing as a written quiz)
- Pens or pencils
- Small prizes or incentives (optional — stickers, dental hygiene kits, lip balm, etc.)

FOR FACILITATOR

- This answer guide (printed or on a device)
- A way to keep score if playing as a group game (whiteboard, tally sheet, etc.)

BONUS TIP CARDS

- Printed tip cards to hand out as takeaways

ROOM SETUP

- Table and chairs for participants
- A visible display area (wall, easel, or screen) for showing questions

ROUND ONE: PREGNANCY & GUM HEALTH

1. "Your gums can bleed more when you are pregnant." — FACT or MYTH?

>  **FACT** — When you are pregnant, your body changes. These changes can make your gums sore and bleed when you brush. This is normal, but see a dentist if it bothers you.

2. "Gum problems during pregnancy cannot hurt your baby." — FACT or MYTH?

>  **MYTH** — Bad gum disease can lead to your baby being born too early or too small. Taking care of your gums helps keep your baby healthy.

3. "It is not safe to go to the dentist when you are pregnant." — FACT or MYTH?

>  **MYTH** — Going to the dentist when you are pregnant is safe and important. The best time to go is in the middle of your pregnancy.



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ROUND TWO: TEETH & PREGNANCY

4. "You will lose a tooth for every baby you have." — FACT or MYTH?

> **✗ MYTH** — This is just an old story. But if you do not take care of your teeth, you could lose them. Brush and floss every day!

5. "Throwing up during pregnancy can hurt your teeth." — FACT or MYTH?

> **✓ FACT** — When you throw up, acid from your stomach touches your teeth. This can wear them down. After you throw up, rinse your mouth with water. Do not brush right away.

6. "Your baby takes calcium from your teeth." — FACT or MYTH?

> **✗ MYTH** — Your baby gets what they need from the food you eat and from your bones — not your teeth. Eat healthy foods to keep you and your baby strong.

ROUND THREE: CARING FOR YOUR TEETH DURING PREGNANCY

7. "You should stop brushing if your gums bleed." — FACT or MYTH?

> **✗ MYTH** — Not true! Keep brushing gently. Stopping will make things worse. Brush twice a day and floss every day to help your gums feel better.

8. "You cannot get dental X-rays when you are pregnant." — FACT or MYTH?

> **✗ MYTH** — Not true! X-rays can be done safely during pregnancy. The dentist will put a special cover over your belly to keep you and your baby safe. Always tell your dentist you are pregnant.

9. "Regular toothpaste with fluoride is safe when you are pregnant." — FACT or MYTH?

> **✓ FACT** — Yes! Fluoride toothpaste is safe to use. It helps protect your teeth from cavities.

ROUND FOUR: YOUR BABY'S TEETH

10. "A mom can pass cavity germs to her baby." — FACT or MYTH?

> **✓ FACT** — Yes! Cavity germs live in your mouth. They can pass to your baby through your spit — like when you share a spoon or kiss your baby on the lips. Taking care of your teeth helps protect your baby's teeth too!

11. "Babies are born with cavity germs in their mouth." — FACT or MYTH?

> **✗ MYTH** — Babies are not born with those germs. They usually get them from people who care for them. Keep your mouth healthy to protect your baby.

12. "You should clean your baby's mouth before their first tooth comes in." — FACT or MYTH?

> **✓ FACT** — Yes! After each feeding, wipe your baby's gums with a clean, wet cloth. This helps keep their mouth clean from the start.