When you're pregnant, you may be more prone to gum disease and cavities. That's why every pregnant woman needs to get a dental check-up. After your baby is born, you could pass the bacteria that contributes to cavities from your mouth to hers.

Once she comes, we're guessing you'll be pretty busy. If you have morning sickness, rinse your mouth with one tsp of baking soda in a glass of water after you get sick. Be sure to brush twice a day and floss daily.