



BREASTMILK

EVERY OUNCE COUNTS

Breastfeeding helps your baby develop strong teeth and jaws. Babies who are breastfed are less likely to have speech problems, dental problems, or need braces later on.

Other ways to help your baby have healthy teeth and bones:

- Clean your baby's gums and teeth each day with a soft, clean cloth or soft toothbrush. Your child should visit a pediatric dentist when the first tooth comes in, usually between 6 and 12 months of age. Helpful hints for a Healthy Smile: <http://www.aapd.org/foundation/hints.asp>
- After your baby's teeth start to come in, help brush his teeth at least twice daily. Try to brush his teeth after every meal. Use a very small amount of toothpaste with fluoride when he brushes his teeth.
- Limit your child's intake of sweets, juice, and sweetened drinks.
- Eat foods high in calcium and vitamin D.

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"Kids Love 'em" Oat Pancakes

Ingredients:

1 $\frac{1}{2}$ cups rolled oats
1 $\frac{1}{2}$ cups plain low-fat yogurt
 $\frac{1}{2}$ cup non-fat milk
2 eggs
1 tsp. vanilla
1 Tbsp. brown sugar

$\frac{1}{4}$ cup canola oil
Dash of salt
 $\frac{1}{2}$ cup whole wheat or white wheat flour
 $\frac{1}{2}$ tsp. baking soda
Dash of nutmeg (optional)
1 tsp. cinnamon (optional)

Instructions:

Mix yogurt and milk together, add oats. Let stand for 5 to 10 minutes. Add eggs, vanilla, sweetener and oil. Mix well. Add dry ingredients and mix well. Heat a skillet or griddle to medium heat. Pour $\frac{1}{4}$ cup of batter onto heated skillet for each pancake and spread out the batter a little. Let cook until bubbles form on the top flip and cook the other side until golden brown.