



# 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.

————— Fold in half with text facing out, and glue or staple page together —————

### "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.