

Healthy People

Teething

The American Dental Association offers the following information and advice about teething:

- Teeth start to appear when a baby is between 4 and 7 months old. A full set of teeth is usually in place by age 3.
- As their teeth appear, some babies may have sore gums. That can make them fussy, sleepless and upset, lose their appetite or drool more than usual.
- To help ease the pain, gently rub their gums with a clean finger, a small cool spoon, or a moist gauze pad. A clean teething ring for your child to chew on may also help.
- When your child's teeth begin show, brush them gently with a child's size toothbrush and water.
- You should start regular dental check-ups for your child after their first tooth appears, but no later than their first birthday.

For more information, talk to your dentist or visit www.mouthhealthy.org



Mouth Healthy Recipe

Who said pumpkin was only for pies! Check out this yummy pumpkin oatmeal that is full of healthy ingredients!

Pumpkin Oatmeal

Ingredients:

- ½ cup old fashioned rolled oats
- 1 cup soy milk
- ¼ cup canned pumpkin puree
- 3 dashes ground cinnamon (or to taste)
- 1 tablespoon chopped walnuts
- ½ teaspoon honey

Directions:

Stir the oats, soy milk, pumpkin puree, and cinnamon together in a saucepan.
Bring to a gentle boil.
Reduce heat to low and simmer 5 minutes.
Transfer to a serving bowl
Garnish with walnuts and honey.

