



Healthy Choices for Healthy Families



WIC



Wellness Nutrition Fun Facts

February 2011

NATIONAL CHILDREN'S DENTAL HEALTH MONTH



Good Oral Health Starts Young!!

1. Make sure your child is brushing their teeth twice a day.
2. Help your child to eat good, nutritious meals and avoid a lot of snacking in between meals.
3. Use fluoride toothpaste for children over 2 years old. *Remember:* your children only need a pea sized amount of toothpaste on their toothbrush.
4. If your drinking water isn't fluoridated, talk to your dentist about the best way to protect your child's teeth.

<http://www.cdc.gov/oralhealth/topics/child.htm>

**WIC
recommends
taking your
child to the
dentist
around 1
year of age.
Speak with
your family
dentist
about when
they would
like to see
your child
for their
first visit.**

“Sippy Cups” are meant to be used as a step in your child’s development. Long-term “sippy cup” use can lead to cavities.

Tips for Parents:

Wean from bottle by 1 year.

Use “sippy cups” only as a halfway step between the bottle and the cup.

Encourage use of open cups.

Put only water in “sippy cups”

The best “sippy cups” to use are those that are not spill proof. Remove the spill proof valve if your child’s “sippy cup” has one.

SHOP SMART:

Check before you buy! Hold the bag or carton up and look at the bottom for any smashed or moldy fruit or vegetables.

The packaging should protect the product!

South Dakota Department of Health WIC Program

Breastfeeding: Dads Can Help Too!

- Help comfort your crying baby by rocking or cuddling.
- Help prepare family meals and snacks.
- Give the baby a bath and change the baby's diaper.
- Encourage mom if she is breastfeeding! Tell her she's a good mom and you are proud of her!
- Bring the baby to mom in the middle of the night so she doesn't have to get up.
- If you have other children, take them out to play to help them feel special!



COOK'S CORNER:

Burrito Casserole

8 small whole wheat tortillas ½ small red onion, diced
2 cups fat-free refried beans 1 ½ pound lean ground beef
1 ½ cup reduced-fat cheese 1 ½ cup salsa
1 minced fresh jalapeño pepper (optional)

1. Preheat oven to 350°.
2. Cut 5 of the tortillas into strips, about ½ inch wide, and set aside. Line the bottom of a 9x13-inch casserole dish with the remaining tortillas.
3. Spread an even layer of refried beans over the tortillas.
4. Spray a large skillet with cooking spray and place over medium heat. Add the onion and beef and sauté for about 5 minutes breaking up the excess meat with a spoon. Rinse any excess fat. Stir in the salsa.
5. Spread the meat mixture over the refried beans and sprinkle with jalapeño pepper.
6. Top with tortilla strips and cheese.
7. Bake about 10 minutes or until cheese has melted.
8. Serve with sour cream, chopped tomatoes, and chopped avocado.