



## Breastfeeding Is Natural ... But It's Not Always Easy

**Birth** Latch after delivery

**First 12-24 hours**

It's ok for babies to nuzzle, lick, and not latch well at first. Babies and moms are often sleeping, latching can be hard. Hang in there, it will happen – Breastfeed as often as possible, snuggling helps – If you're worried, ask for help.

**Next 24-36 hours (2-3 days)**

Breastfeed every 2 hours, around the clock. Feedings usually take at least 15 minutes. Nap with the baby. Don't worry, the baby won't eat this often forever.

**After the first check-up at 2-3 days**

Breastfeed every 2-3 hours. Nap with the baby as much as you can. Remember, the first 3-6 weeks are the most challenging. It will get better.

**By 3-6 weeks**

The feedings will be less often and not take as long. Your baby will be a breastfeeding wiz kid soon.

**By 6-12 weeks**

The feedings will be even less often and take even less time. Way to go, Mom!

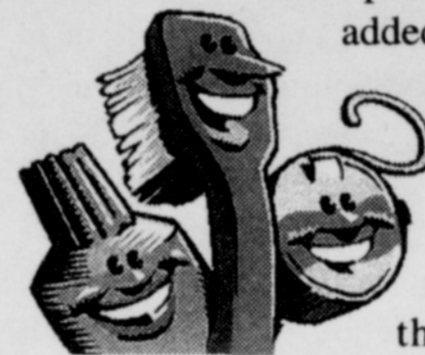
**Avoid bottles, water, formula, and pacifiers in the first 4-6 weeks – Call if you have questions problems – 541-444-1030 or 1-800-922-1399**

## Tooth Talk

by Linda Kreutzer, RDH

### Fluoride Helps Strengthen Teeth

Everyone has heard about fluoride. It's in toothpaste and mouth rinses. In some lucky communities (including Newport), fluoride is added to the water supply. It's interesting to note that fluoride is not added to the water in Toledo, Siletz, or Lincoln City. Only families living in tribal housing on the hill have the added benefit of fluoridated water.



Why is fluoride so important to teeth? Because it's the only mineral that actually strengthens teeth. It helps the enamel of our teeth become strong and resistant to decay. Children need it when they're forming teeth. Teen-agers and adults need fluoride to keep from getting new cavities.

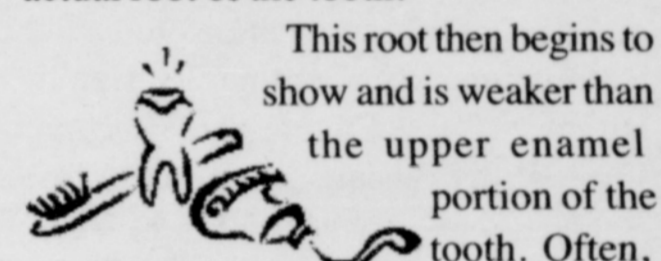
Fluoride can be absorbed into teeth in one of two ways:

- **Internally** – This is the best method. Fluoride is calcified into developing teeth during formation, making them super-strong for life. This calcification occurs when a pregnant mother drinks fluoridated water or a child grows up drinking fluoridated water. If fluoride is not present in the water, your child's

dentist can prescribe daily fluoride tablets. Developing teeth become as strong as they can be if fluoride is taken internally.

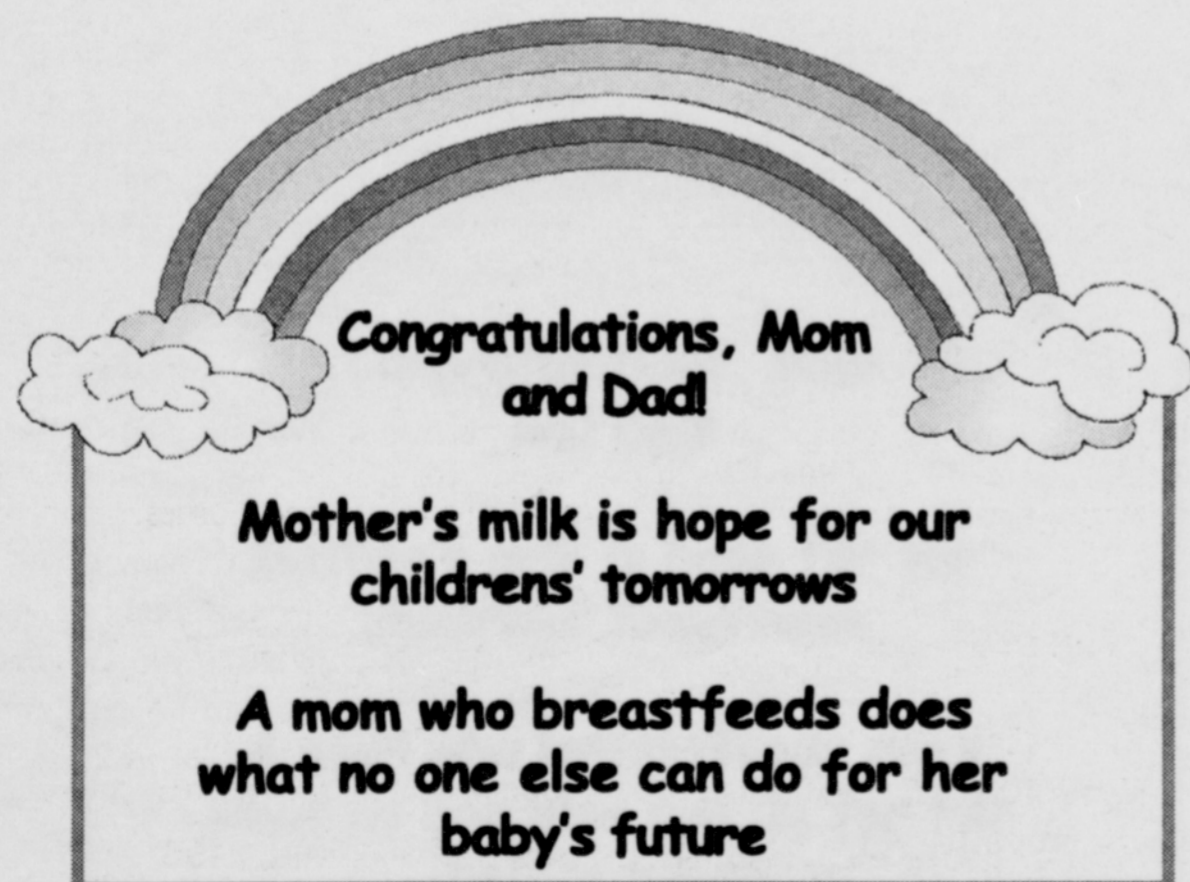
- **Surface absorption (topically)** – Fluoride can be absorbed into the surface of enamel of baby or adult teeth. That is why using toothpaste with fluoride is so important.

Children, teen-agers and adults need fluoride daily to help keep teeth strong and fight decay. As adults get older, the gums may get pushed down or “receded.” Gum recession is a common occurrence, exposing the actual root of the tooth.



This root then begins to show and is weaker than the upper enamel portion of the tooth. Often, these weaker root areas around the gums get cavities. If toothpaste with fluoride is used during daily brushing, root decay can be reduced by as much as 50 percent. Mouth rinses containing fluoride are a great way to give teeth added protection against decay. A good brand is ACT, found at Wal-Mart and Fred Meyer.

Remember, fluoride isn't just for kids. Everyone needs it!

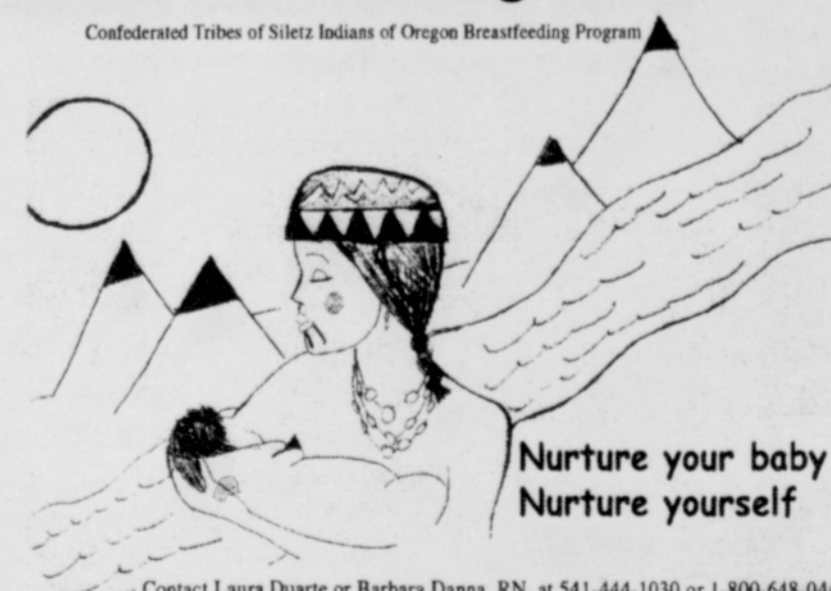


### Moms and Babies Breastfeeding Circle

Confederated Tribes of Siletz Indians of Oregon Breastfeeding Program

**2<sup>nd</sup> Tuesday of each month, 6 - 7:30 p.m.**  
Housing Department  
Conference Room

You're invited to come eat, visit, and learn about the many benefits of breastfeeding.



Nurture your baby  
Nurture yourself

Contact Laura Duarte or Barbara Danna, RN, at 541-444-1030 or 1-800-648-0449

Sponsored by Siletz Tribal Diabetes Grant