

# Eby Family Dental

## WHAT'S IN THIS MONTH'S ISSUE:

- Holiday Parade
- Jefferson Anniversary
- Children
- Featured Recipe

## HOLIDAY PARADE

This year we attended not only one but two parades! We have always done the Fort Atkinson Holiday Parade but we also wanted to do the Jefferson Holiday Parade since we opened our doors in 2023 and have been in Jefferson over one year now! We are already planning for both parades again next year! Thank you all so much for your continued support in our community!



## JEFFERSON CLINIC ANNIVERSARY

Time flies when your having fun! We have officially been open for 1 year! We are so honored to be serving the Jefferson Community and to see where year 2 takes us! Year one was a good one and we anticipate the same and even better for our second year!

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## Dental Hygiene for Babies & Toddlers



### Before Teeth Come In

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

### When To Start Brushing

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.

### Fluoride

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth.

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## CHILDREN

**We start seeing kids as early as 3 years old unless recommended by their pediatrician! We always encourage to bring them to your appointment with you before their own so they can learn the area and sounds they may hear!**

## FEATURED RECIPE

### Peppermint Bark Cookies

Prep Time: 20 Minutes

Total Time: 20 Min

Equipment: Serving Dish

[www.chelseasmessyapron.com](http://www.chelseasmessyapron.com)

#### Ingredients:

- 1 Package Grasshopper Cookies
- 1 Bag high quality white chocolate chips
- 2 Teaspoons Vegetable Oil
- 1/2 Teaspoon Peppermint Extract (Not Mint)
- 7 Full Sized Candy Canes

#### Directions:

1. Place the cookies in the fridge while preparing chocolate. Crush the candy canes in a blender to get crumbs. Prepare a large sheet pan by covering it with parchment paper.
2. Pour the chocolate chips into a large microwave safe bowl. Add the vegetable oil and peppermint extract. Mix well.
3. Microwave in increments of 20 seconds stirring in between each for about 10 seconds until chocolate is melted. Slowly to ensure you don't burn it.
4. Remove the cookies from the fridge and place one cookie on a fork over the bowl of melted chocolate. Use a spoon to spoon the chocolate over the cookie.
5. Tap the fork to remove excess chocolate. Transfer the dipped cookie one to the prepared sheet pan.
6. Immediately sprinkle with crushed candy canes over top. Repeat for all cookies.
7. Let the cookies harden at room temperature!



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