

YOUR BABY IS TEETHING

Oral Health
Tips



Health and Community Services

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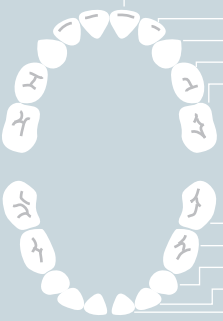


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Teething can be stressful for your baby and you!

Some babies do not have any problems when teething. Others are uncomfortable for several days before and a few days after the tooth comes in.

Primary Teeth:

	Upper Teeth	Erupt	Shed
	Central Incisor	8-12 mos.	6-7 yrs.
	Lateral Incisor	9-13 mos.	7-8 yrs.
	Canine (Cuspid)	16-22 mos.	10-12 yrs.
	First Molar	13-19 mos.	9-11 yrs.
	Second Molar	25-33 mos.	10-12 yrs.
	Lower Teeth	Erupt	Shed
	Second Molar	23-31 mos.	10-12 yrs.
	First Molar	14-18 mos.	9-11 yrs.
	Canine (Cuspid)	17-23 mos.	9-12 yrs.
	Lateral Incisor	10-16 mos.	7-8 yrs.
	Central Incisor	6-10 mos.	6-7 yrs.

Symptoms of Teething...

Babies may show any of the following signs that they are teething:

- Drooling
- Rubbing gums or ears
- Restless
- Fussy/Irritable
- Increased sucking
- May not want solid food
- Slight rise in body temperature
- Swollen or red gums (small white spots may be seen on gums)
- Sore gums
- Rash on face from drooling
- Biting while breastfeeding/feeding
- Some babies may also have a diaper rash

Teething should not cause high fever, vomiting, diarrhea, ear infections or coughing. If your baby seems sick when teething, take your baby to the doctor.

Things you can do to help...

- Babies who are teething usually like chewing on a cool (not frozen) teething ring. Teething rings should be made of a firm material and be just one piece. Fluid filled teething rings should not be used as they can break open and a baby may swallow the fluid. Throw out old or damaged teething rings.
- Make sure anything you give your baby is clean and too big to swallow. Avoid crackers, ice cubes or anything where pieces may break off and cause choking.
- Babies also like to chew on a cool, clean, wet washcloth.
- Rubbing your baby's gum with a clean finger or wet gauze may help.
- A cool drink in a cup before nap time may help your baby get to sleep. Plain water in the cup is best.
- You can chill a plastic coated baby spoon in the refrigerator and rub it over your baby's gums.
- Drooling can lead to skin rashes or irritation, so wipe your baby's face and chin often.
- Check with your baby's doctor or a pharmacist before giving pain medication or other products. Be sure to check the proper dosage based on your baby's weight.

CAUTION! Things to avoid...

- Never tie a teething ring or anything else around a baby's neck. The ring or cord could catch on something and choke your baby. Even a moving baby can get tangled in the cord.
- Teething gels are not recommended; too much gel can numb the whole mouth and can even cause trouble swallowing or breathing.
- Do not use alcoholic beverages or other medications to sooth teething pain.
- Herbal and homeopathic teething remedies are not recommended. Check with your healthcare provider before using any of these remedies.
- Do not put aspirin or other pain relievers on the gums.
- Do not give teething biscuits as they can cause choking. Also, teething biscuits will stay in the mouth and can help cause cavities.
- If you use a pacifier, do not dip it in anything sweet. Do not put the pacifier in your own mouth before putting it in your baby's mouth. Rinse the pacifier with cold water before offering it to your baby.

Remember if your baby seems very ill while teething, see your family doctor or other health care provider.