

Teething

Teething is a 2-year process. Most babies develop their first tooth between 4 – 7 months of age. Some have their first tooth at age 3 months. Other babies may turn 1- year old before a tooth appears.

The two lower middle teeth, incisors, are usually the first to appear. The 4 upper middle teeth arrive next. After those 6 teeth appear, other incisors and molars arrive. By the time your child is 3 years of age, he will have about 20 primary teeth.

Most parents say their baby had some discomfort when teething. As a tooth starts to erupt, your baby's gums become swollen and tender. This can cause:

- Gum-rubbing,
- Irritability,
- Decreased appetite for solid food, and
- Sleep problems.

Drooling is a part of a baby's normal development. It may or may not be a symptom of teething.

Your baby may or may not have a slight increase in temperature when teething – below 100.4. However, *babies can get infections and illnesses while they are teething.* Call your doctor if your baby has:

- A temperature of 100.4 or higher,
- A cough,
- Diarrhea,
- Vomiting, or
- Symptoms that *worry* you.

Discuss over the counter infant pain medication, like Acetaminophen, with your doctor before your baby starts teething. *Also, consult your doctor before using any over-the-counter or homeopathic pain products or numbing gels. Some contain harmful and toxic substances like Benzocaine and belladonna. Never use alcohol, like brandy, on your baby's swollen gums.*

Tips to Help Your Teething Baby

You can provide comfort for your teething baby without using medication.

1. Offer a cold, wet washcloth or cold teething ring for him to bite. Items should be very cold but not frozen.
2. Give her unsweetened teething biscuits.
3. Massage his gums *gently* with a *clean* finger or a cool, wet washcloth.
4. Spend extra time providing cuddles and tender-loving-care. Gently rub her back. Rock and sing to her.



For more information on teething, log on to:

www.AAP.org

www.mouthhealthy.org

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

