



## TEETHING

Teething usually begins between the ages of 6-12 months, and continues until the child is about 3 years old.

Teething children may drool, chew on their fingers or toys, or have trouble sleeping or eating because of pain. They may have swollen and red gums, or have a small red or white spot on the gums. Children also may be irritable and cranky when teething.

Here are some ways to soothe a teething baby:

- ✓ Distract the child with extra attention, playtime, music, or toys.
- ✓ Wipe the child's face and chin often to remove drool.
- ✓ Give the child a cold wet cloth or rubber teething ring to chew.
- ✓ Rub the baby's gums with your clean finger.
- ✓ Cold foods (applesauce, yogurt, or baby food) or warm soft foods (mashed vegetables or baby cereals) may feel good on sore gums.

Do not place teething rings in a freezer; frozen rings can damage a baby's teeth. Avoid liquid-filled teething rings which can break. Avoid teething crackers which may cause choking.

Teething gels generally are not recommended. Too much gel can numb the mouth and cause difficulty swallowing or breathing. **Never** give aspirin, paregoric, or alcoholic beverages.

Teething **does not** cause high fever, vomiting, diarrhea, ear infections, or coughing. If your child has any of these symptoms, call your doctor.

If your doctor recommends a pain reliever such as acetaminophen or ibuprofen, ask a pharmacist to help you choose the correct type and dosage for your child's weight and age.