

# TIPS AND TRICKS

## TEETHING

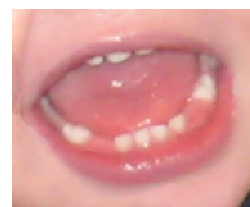
Teething is a normal process, beginning as early as three months and goes until all 20 of the baby teeth have erupted, between two and three years of age. As teeth move up closer to the gums, babies will often show the following signs and symptoms:

- Drooling
- Irritability or crankiness
- Chewing on solid objects
- Loss of appetite
- Swollen, tender gums
- Difficulty sleeping

There are many remedies available to soothe the baby; some are safe while others can harm babies. Here are some suggestions:



Rub your baby's gums with a clean finger, or damp washcloth to massage them. The pressure can ease your baby.



Keep your baby's mouth cool. Try a cool, wet washcloth or chilled rubber coated baby spoon or teething ring to soothe your baby. A frozen teething ring may be too hard for baby to chew on.



Offer your baby a teething ring made of firm rubber instead of a soft ring filled with liquid. These liquid rings may break with your baby chewing on it. Do not let your baby chew on keys.



Try an over-the-counter medicine. If your baby is in pain, you can try Tylenol, Advil or Motrin to help. Be sure to contact your physician for correct dosing instructions.



Avoid letting your baby chew on things like keys, popsicle sticks that could hurt the gums.



Avoid cookies and teething biscuits that can increase the risk of cavities



Limit the use of teething gels, no more than the directions on the package.

**Start good habits now to keep these first teeth cavity-free. These habits include cleaning the teeth and tongue after each feeding and looking for signs of decay and broken teeth.**

