BABY CARE

Teething

What's Normal?

Teething usually starts between 3 months and a year. Most babies get their first tooth at about 6 months. Once teething starts, it continues almost non-stop for about 2 years.

What You Can Do

Some babies aren't bothered by teething while others are uncomfortable and fussy.

If your baby is in pain, you can help ease her sore gums by:

- letting her chew on a clean teething ring or wet cloth that's been chilled in the fridge (not the freezer)
- wiping and massaging her gums with a clean finger or cloth

Don't use:

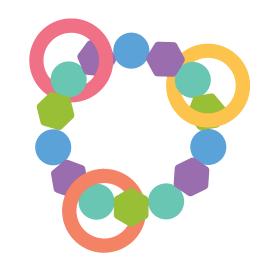
- * teething gels or ointments, which can numb your baby's throat and make it hard for her to swallow
- ★ teething necklaces, which can strangle or choke her
- food like teething biscuits or frozen fruit, which can stick to your baby's teeth and cause decay

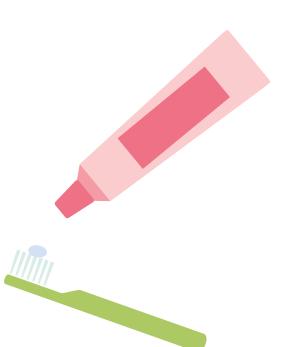
P DID YOU KNOW

Although teething may be uncomfortable for your baby, it doesn't cause fever. If she has a fever, treat it as you would normally (see Baby Medical Care).

DID YOU KNOW

You can pass cavity-causing bacteria on to your baby. Take good care of your own teeth, and don't put a soother or spoon in your mouth before giving it to your baby.





Baby's Best Chance Baby Care • Teething