

Teething

Teething is when your baby gets their first teeth (usually between 3 and 12 months). Teething can be painful for babies and can cause stress for their grownups. Bring your baby to the dentist when you start to see teeth. The dentist will check that your baby's teeth are coming in right. This also helps them be less afraid of the dentist and starts forming healthy habits.

What are the signs of teething?

- Changes in sleeping and eating
- Fussiness
- A rash around the mouth from drooling
- Swelling of the gums
- Mild fever
- Loose poop
- Rubbing their gums with toys and hands
- Rubbing and tugging on their ears



What are ways to help ease my baby?

- Wipe your baby's face with a clean cloth for drool and to prevent rashes.
- Put a clean wet washcloth in the freezer for 30 minutes (no more or it will become too hard and will hurt swollen gums). Use it to rub their gums or let them chew on it, and wash after each use.
- Chill rubber teething rings in the refrigerator so your baby can use them to soothe their gums by rubbing or chewing.



- If you are using a teething ring that goes in the freezer, make sure it only has water inside and no chemicals.
- Do not tie teething rings around necks or use necklaces with small beads. They can come loose and your baby can choke.



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