

EDUCATION ON CALL

Teething



Most babies get their first tooth between 4 and 7 months, but there's no need to worry if yours doesn't—some don't until after their first birthday. Most toddlers will have a full set of 20 teeth by age 3. Read on to learn how to comfort and care for your teething child. Talk to your child's doctor if you have any questions or concerns.



Use a little pressure

Ease discomfort by gently rubbing your baby's gums with a finger or a wet washcloth. You can also offer a clean teething ring or pacifier for your child to chew on.



Keep things cool

Chill a teething ring, small spoon, or wet washcloth—but don't fully freeze it. Anything too hard can damage your baby's gums. Chilled fruit can also be a good option, but be sure to watch your child carefully, since solid foods may pose a choking hazard.



Try a pain medicine

Infants' TYLENOL® is the #1 pediatrician-recommended brand for teething pain—if your baby is under the age of 2, check with your doctor before dosing. Infants' MOTRIN® can be used for babies over 6 months old.

Avoid rub-on teething gels or liquids for children under 2 years old. Many contain benzocaine, an ingredient that can cause dangerous side effects in young children. You also should never use liquor to numb your baby's gums.

Is your child teething?

Signs that a tooth is about to appear

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Acting a little cranky • Drooling | <ul style="list-style-type: none"> • Wanting to chew hard things • Developing a minor fever | <ul style="list-style-type: none"> • Having puffy, red gums—especially in the front of the mouth, where teeth usually come in first |
|--|---|--|



High fever (over 101°F) and diarrhea are not caused by teething. Always call your doctor if you have any questions or concerns.

Care for your baby's new smile

The American Dental Association makes the following suggestions:

- A few days after birth, begin wiping your baby's gums with a clean, damp washcloth to keep bacteria from building up.
- As soon as baby's first tooth appears, begin brushing twice daily or as directed by a dentist. Use a small, soft-bristled toothbrush and a smear of fluoride toothpaste no larger than a grain of rice.
- Begin using a pea-size amount of fluoride toothpaste once your child reaches 3 years of age. Supervise your child's brushing to ensure they spit the toothpaste out rather than swallow it.
- Start daily flossing once your baby has two teeth together.
- Make your baby's first dentist appointment by their first birthday.

When teething pain is a concern, TYLENOL® and MOTRIN® are

Always On Call
