

# Teething





Most babies start teething at around 6 months although some do start earlier. Every baby is different not only in when their teeth appear but also in their teething symptoms.

### **Teething symptoms**

Often baby teeth can emerge without pain or discomfort but at other times, you may notice that:

- Your baby's gum is sore and red where the tooth is coming through
- One cheek is red
- Your baby is dribbling more than usual
- Your baby is gnawing and chewing on things
- They are more fretful than usual

If you have any symptoms that are causing you concern, it is always best to seek medical advice.

When teeth are coming through, applying pressure to the gum is comforting. Teething rings are a safe option as they may ease their discomfort and distract them from the pain. Some teething rings can be cooled in the fridge, this may be soothing (never put in the freezer and never tie around your baby's neck).

## **Teething**

There are a number of teething gels available, some contain a mild local anaesthetic. This may help numb any pain or discomfort. It is important to ensure if you use a teething gel that it is suitable for the age of your child. If you feel your baby needs pain relief there are sugar-free painkilling medicines available for babies and young children. Always follow the instructions carefully.

If your baby is six months or older, you can give them healthy things to chew on, such as raw fruit and vegetables. Pieces of peeled apple or sticks of carrot work well. You could also try giving your baby a crust of

bread or a breadstick. Remember it's important to always stay with your baby when they are eating in case they choke.

Another way to help your baby through teething is by regularly wiping their face to prevent a rash or soreness if they are dribbling. Distracting your baby by comforting them or playing may also help to take their mind off the discomfort or pain.



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## Caring for you baby's new teeth

You can start to brush you baby's teeth with a fluoride toothpaste as soon as their first milk teeth appear using a baby toothbrush. Mostly at this stage it's about making tooth brushing part of the daily routine.

