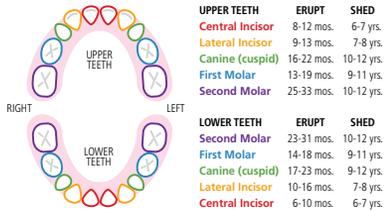


Try an over-the-counter remedy:

- If your child is older than 6 months, you may want to try using a medicine, such as infant acetaminophen (Tylenol) or ibuprofen (Motrin).
- Be sure to follow the instructions for dosing based on your child's age and weight.
- Do not give baby anything that contains aspirin.
- Be careful about teething gels that are rubbed directly on a baby's gums. The U.S. Food and Drug Administration (FDA) warns against using any sort of topical medication to treat teething pain in children, including prescription or OTC creams and gels, or homeopathic teething tablets. They offer little to no benefit and are associated with serious risk.
- If you have any questions, ask your doctor or pharmacy for assistance.

TEETHING Schedule



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For more information, please visit: doh.sd.gov/oralhealth

To reorder this brochure, go to: doh.sd.gov/catalog

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What You Need to Know About TEETHING



FIRST Teeth

Between 4 to 12 months, your baby's first tooth will appear – usually the two middle teeth on the bottom, followed by the two middle teeth on the top. The remaining teeth (20 total) will slowly come in over the next two and a half years.

Teething SYMPTOMS

Teething can be difficult for baby and parents. Your baby may have discomfort before a tooth even appears – and that pain can last several days. Common symptoms may include:

- Irritability
- Restlessness or difficulty sleeping
- Increased saliva and drooling
- Desire to chew on anything within reach
- Swollen, tender gums where a new tooth is starting to poke through

You Can Make Baby FEEL BETTER

Start with simple distractions:

- Cuddle, rock, or walk around with your baby. Hugs and love are always a good option. And remember to **be patient**. This pain is new for your baby but it won't last forever.

Rub those gums:

- Use a clean finger to massage irritated or swollen gums for 2 minutes at a time, as often as necessary.

Offer a teething aid:

- Allow baby to chew on a cool, wet washcloth, soft plastic or firm rubber teething ring, or teething biscuit.



Don't use liquid-filled teethers:

- Tiny teeth are sharp and can make holes in them which could be a choking hazard.

Use bottles with caution:

- If your baby likes to chew on the nipple of a bottle, only fill it with water. Extended contact with the sugars in formula, milk, or juice can cause tooth decay.

Keep it cool:

- A cold or chilled (but not frozen) washcloth or teething ring can be comforting. But, be careful, contact with extreme cold or frozen items may hurt baby's gums.
- If your baby is eating solid foods, offer things like chilled applesauce, pureed fruit, or yogurt.
- Do not use frozen bananas, carrots, jerky, frozen peas, or chunks of any other non-pureed food – they can cause your baby to choke.

Dry the drool:

- Don't worry, excessive drooling is part of the teething process.
- Keep a clean cloth handy to dry baby's chin and offer another bottle of water to replace the fluids that baby lost.

