

# Teething

Teething is a natural process of the teeth working their way through the gums. The first teeth normally appear between 6 and 10 months of age with the rest following over the next 2 to 3 years. This is only a guide because each child is different.

## COMMON SIGNS OF TEETHING

Teething can cause minor discomforts such as:

- increased drooling
- being more cranky and irritable
- showing a need to chew on things
- having red cheeks and red, swollen gums

Do not confuse teething with illness.

Look for reasons other than teething if these occur:

- fever
- ear rubbing
- runny nose
- diarrhea

Supervise any use of teething aids.

## START EARLY: HEALTHY SMILES FOR LIFE

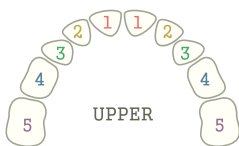
To help your child through their teething discomfort:

- Keep a supply of damp, clean face cloths in the fridge for baby to chew on.
- Massage your baby's gums with your clean finger or a baby washcloth.
- Offer a teething ring that contains only water, cooled in the refrigerator.

### THINGS TO AVOID:

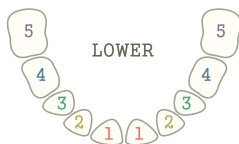
- Do not use teething gels or ointments. They contain medicines that may harm your baby.
- Do not give teething biscuits to your baby. They contain sugar and could also be a choking hazard.

### WHEN DO PRIMARY TEETH COME IN?



#### UPPER

- 1 8-12 MONTHS
- 2 9-13 MONTHS
- 3 16-22 MONTHS
- 4 13-19 MONTHS
- 5 25-33 MONTHS



#### LOWER

- 1 6-10 MONTHS
- 2 10-16 MONTHS
- 3 17-23 MONTHS
- 4 14-18 MONTHS
- 5 23-31 MONTHS

NOTE: This chart is a guideline only