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

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.
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?

NOTE: This chart is a guideline only