Is your baby teething?

Oral health tips for families — and babies!

Make sure your baby has his FIRST dental check-up by his FIRST birthday!

Another great idea from the Lake County Oral Health Access Council, Lakeport CA
Teething Tips

▪ Babies like to chew on cool (not frozen) teething rings – a firm, natural one-piece style ring or chew-toy – not the fluid-filled type.

▪ Rubbing your baby’s gums with a clean finger may help.

▪ A cool drink of water (cup or bottle) before bedtime may help.

▪ Babies like to chew on cool, clean and damp washcloths.

▪ Make sure anything you give your baby to chew/teethe on is clean and too big to swallow.

▪ Teething = Drooling! Try to keep baby’s face clean and dry.

▪ Check with baby’s doctor before giving any pain-relievers, including anything you might rub on the gums. Some rubs have been associated with serious health problems!

▪ Gently wipe or brush those new teeth daily—and make an appointment for baby to see your dentist after the first teeth come in!

How do I know it’s teething?

Some babies don’t seem to have problems with teething. Others are uncomfortable for several days before, and a few days after, a tooth comes in. Babies can show any (or all) of the following signs that they are teething:

▪ Drooling
▪ Rubbing gums or ears
▪ Restlessness
▪ Fussiness / Irritability
▪ Increased sucking
▪ Refusing solid food or nursing
▪ Slight rise in body temperature
▪ Swollen or red gums (small white spots may be seen on gums)
▪ Sore gums
▪ Rash on face from drooling
▪ Some babies may also have a diaper rash
▪ Biting while breastfeeding/feeding

Teething should not cause high fever, vomiting, diarrhea, ear infections or coughing. If your baby seems sick when teething, take your baby to the doctor.