



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

## Is your baby teething?



Oral health tips for families —  
and babies!

## 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.**

