



# TEETHING: What can I expect?

Baby's first teeth normally appear between 6 and 10 months of age with the rest following over the next 2 to 3 years, but this is only a guide.

## Sign and symptoms

Teething can cause minor discomfort. You might notice the following signs as teeth begin to appear.

- ▶ Increased drooling and skin irritation around the mouth.
- ▶ May be fussy and irritable.
- ▶ Red cheeks and red, swollen gums.
- ▶ Show a need to chew on things.
- ▶ Refusal of food due to soreness of the gums.
- ▶ May have a low grade fever, if child has a high fever, check with your health care provider to rule out other health concerns and to receive pain relief options.
- ▶ May have loose stool due to excessive drooling.



## Best way to soothe your baby

- ▶ Massage your baby's gums with a clean, chilled, damp face cloth.
- ▶ Offer chilled teething rings, solid rubber. Do not freeze the teething rings.
- ▶ If your child is eating solids, offer cold items such as applesauce or yogurt or chilled banana.
- ▶ Speak to your health care provider about pain relief options.



## AVOID

- ▶ Teething medications that are rubbed directly on your baby's gums can numb their throat, and are not recommended.
- ▶ Teething biscuits are not recommended as they contain sugar and can cause tooth decay.

### **Baby Teeth are Important!**

See a dental professional by baby's first birthday to discuss specific oral health options for your child. Health Unit dental staff offer free 1<sup>st</sup> visits at our clinics.



For more information,  
call the Health Action Line  
**1-800-660-5853**  
or visit our website  
[www.healthunit.org](http://www.healthunit.org)