



ORAL HEALTH KANSAS

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Tips and Tricks: **Healthy Teething Practices**



Teething is a normal but sometimes uncomfortable process that begins as early as three months and lasts until all baby teeth erupt, around 30 months.

Usual teething symptoms include:

- Drooling
- Loss of appetite
- Swollen, tender gums
- Restless sleep
- Fussy or Irritable



Here are some healthy ways to help comfort your baby while teething:

- Gently rub your baby's gums with your clean finger, gently rocking and making soothing sounds
- Keep your baby's gums and mouth cool by letting your baby chew on a clean, damp washrag soaked in cool tap water
- Let your baby chew on a chilled rubber coated baby spoon
- Offer your baby a teething ring made of firm rubber or solid plastic
- Ask your baby's doctor for products that are safe to use for babies in pain; use according to your doctor's instructions



Using these teething remedies can hurt your baby's teeth:

- Wiping teething gels on your baby's gums; overuse can make it hard for your baby to swallow and sometimes cause a rare blood disorder
- Giving your baby teething rings filled with liquid or frozen; they can break open in your baby's mouth or create freezer burn on mouth and gums
- Using teething rings with small pieces that your baby can swallow
- Allowing your baby to chew on metal objects like keys, jewelry and buttons that carry germs and can cut the soft tissue of the mouth
- Offering your baby teething biscuits and cookies that have sugar, increasing the chance of getting cavities