



COMPASSION SERVICES

Teething

Teething may begin as early as 3 months. The gums around the emerging teeth may be swollen and tender as the teeth come in.

How to Ease Your Baby's Teething Pain:

Chew Toys:

- Plastic and rubber toys are great for soothing aching gums. **HOWEVER** teething necklaces and bracelets can be made of amber, wood, marble, or silicone which are choking and strangulation hazards; the Food and Drug Administration (FDA) warns against them.

Cold Things:

- To help with the ache and inflammation, try using damp washcloths that have been twisted and frozen (tie one end in a knot for better gnawing) to help numb the area. Don't use frozen solid teething rings, they can be too hard for children's mouths.

Massage:

- A gentle rub or massage might give your little one a lot of relief. You can massage the sore areas of your baby's mouth with your finger. Remember to wash your hands first!

Medication:

- Over the counter pain relievers intended to be rubbed on a baby's gums aren't very helpful; a teething baby drools so much that the medication is usually quickly washed away and are **not recommended**. **NOTE:** Numbing gels or creams that contain benzocaine are not recommended for infants. If your baby is clearly uncomfortable a dose of acetaminophen (Tylenol) or ibuprofen (Motrin) may be helpful. Remember that ibuprofen (Motrin) is only given to infants 6 months and older.

Side Effects of Teething:

Fever, Vomiting, Diarrhea:

- When your baby's teeth are coming through, she may also have a very slight increase in temperature. However, if your baby's temperature reaches 100.4°F (38°C) or above, it may not be because of teething. If your baby has symptoms such as fever, vomiting, or diarrhea while teething, we recommend the baby to be seen.

Source: Adapted from Sleep: What Every Parent Needs to Know (Copyright © 2013 American Academy of Pediatrics)