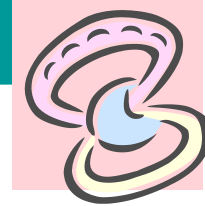


# Healthy Smiles for Mom and Me!

## Teething



You finally got baby to sleep through the night, and now you face another challenge—teething!

Every baby deals with teething (the process of teeth growing and pushing up to break through the gums) differently, and each tooth may be a little different too.

Symptoms, which can range from almost nothing to severe, usually start several weeks before the 1st tooth appears. Then teething symptoms will occur more often four days before and three days after each new tooth emerges.

### But don't give up!

Knowing what to look for, and what to do, will help you and your baby get through it without too much fuss, and without having to go to the doctor more often than necessary.

Flip this card over for tips about signs and symptoms of teething, and how you can help your baby .

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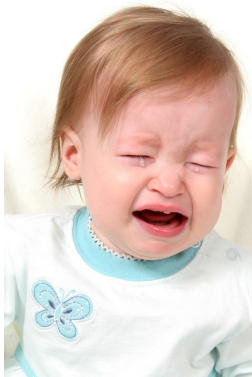
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## Signs & Symptoms

Most children will experience at least one of these symptoms:

- trouble falling asleep
- fussiness
- drooling
- runny nose
- rash around the chin or mouth
- red cheeks
- swollen gums
- biting
- increased need to suck
- rejection of breast or bottle
- congestion



It is not certain if teething can cause low-grade fever. Be sure to rule out other causes for a fever before thinking it is caused by teething. If your baby has a fever higher than 101° F, you should call your pediatrician.

## What to Do

Gently massage your infant's gums with a clean finger. This can help soothe the achy gums.

Chewing can help. Choose a firm plastic teether to limit exposure to bisphenol A, a potentially harmful chemical common in soft plastics. Or try a natural rubber or silicone teething toy.

Chewing on something cool also reduces swelling & pain. Place crushed ice in a washcloth or terry toy and let baby chew on it for 10 to 15 minutes.

All babies drool, but it may really increase when your baby starts teething. Keep a clean cloth handy,

because all that drool may cause a rash around your baby's mouth.

