

## Teething

Let's talk about teething! Is your teething baby having a hard time falling asleep at night? Below are some tips on how to help soothe sore gums, and care for your baby's new teeth.

### Signs of Teething:

- Drooling
- Irritable or cranky
- Chewing on stuff/putting everything in the mouth
- Swollen/tender looking gums
- Slight increase in temperature- no fever

### Tips to Soothe Sore Gums:

- Rub your baby's gums- Using a clean finger, gently rub your baby's gum, the pressure can help ease your baby's discomfort.
- Keep your baby's gums cool- You can use a cold washcloth, or a chilled teething ring to help with discomfort. Alberta Health Services recommends NOT to give your baby a frozen teething ring, as contact with extreme cold could be harmful.
- Give your baby something hard to chew on, such as a chilled cucumber or carrot, but make sure you are supervising baby at all times.

### How to Care for Your Baby's New Teeth:

- Clean your baby's gums with a soft cloth to remove any plaque before their first tooth comes in.
- Clean your baby's teeth with a soft tooth brush, using only water for the first couple months.
- Brush your baby's teeth twice a day
- Take your child to the dentist within 6 months of when your child's first tooth came in, and schedule routine checkups.

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## References

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