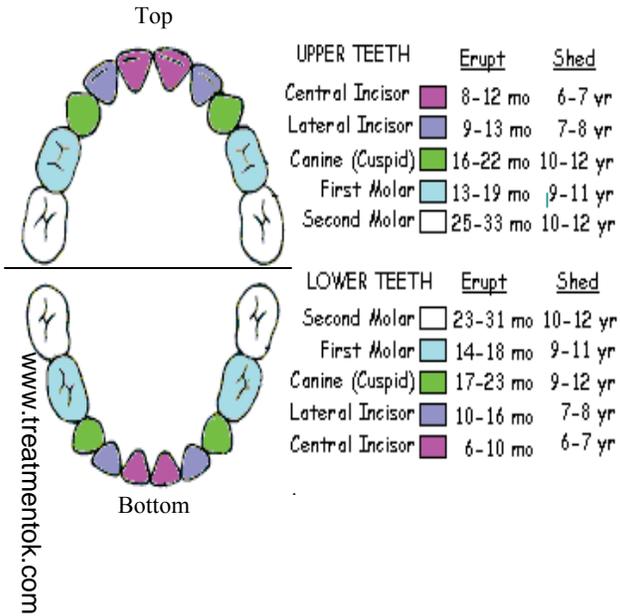


PRIMARY ERUPTION SCHEDULE



Teething can be a difficult stage for both baby and parents. This too shall pass and before you know it, your child will have a beautiful, toothy smile. To take care of that precious smile, remember to massage your baby's gums and brush the teeth daily to keep them clean, pretty, and healthy.

Oral Health Program

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For more information, please visit:
<http://doh.sd.gov/oralhealth>



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OUCH!!



**Teething can
be Difficult
for Babies
and Parents**

If baby has been fussing more than usual and is awash in drool — could baby be teething?

First Teeth

When baby is about four to twelve months of age, the first tooth will appear. (Usually one of the front bottom teeth, called the central incisors.) The four upper front teeth, also incisors, are normally the next to come in. The remaining teeth (20 total) will slowly come in until the child is about two and a half years old.



Teething Symptoms

Baby may have discomfort during teething, which can begin before a tooth appears and can last several days.

Common symptoms can be:

- ◆ Irritability
- ◆ Restlessness or difficulty sleeping
- ◆ Increased saliva and drooling
- ◆ Desire to chew on anything within reach
- ◆ Swollen, tender gums where a new tooth is coming through

Tips to Soothe Sore Gums and Help Baby Feel Better

- ◆ **Try simple distractions** such as cuddling, rocking, or walking around with baby.
- ◆ **Rub baby's gums.** Use a clean finger to massage or rub baby's irritated or swollen gums for two-minute intervals as often as necessary.
- ◆ **Offer a teething aid,** such as a cool wet washcloth, teething ring, teething biscuit, or an infant toothbrush to gnaw on. A teething ring is generally a soft plastic or firm rubber device. Avoid using a liquid-filled teether, because a tooth can make a hole in it. If it comforts baby to chew on the nipple of a bottle, only fill that bottle with water (prolonged contact to sugars in formula, milk, or juice could cause teeth to decay). This is a good time to offer an infant toothbrush for baby to chew on to become familiar with having their gums massaged and brushed.
- ◆ **Keep it cool.** A cold washcloth or chilled (but not frozen) teething ring can be comforting. Contact with extreme cold or a frozen item may hurt baby's gums, doing more harm than good. If baby is already eating solid foods, offer cold items such as applesauce, pureed fruit, or yogurt. Do not use frozen bananas, carrots, or chunks of any other non-pureed food as they can cause choking.

- ◆ **Dry the drool.** Excessive drooling is part of the teething process. A bib will keep baby's face dry and prevent rash or sore skin. Keep a clean cloth handy to dry baby's chin and offer another bottle of water to replace the fluids that baby lost.
- ◆ **Try an over-the-counter remedy.** If the above tips don't seem to work, and your child is older than 6 months, you may want to try using a medicine, such as infant acetaminophen (Tylenol) or ibuprofen (Motrin). Do not give a baby anything that contains aspirin, and be careful about teething gels that can be rubbed directly on a baby's gums. It is important to follow the directions on the package and only use the amount of medicine as listed. Too much of some teething gels could cause numbness and possible choking. If you have any questions, ask your pharmacy for assistance.

WARNING: The U.S. Food and Drug Administration (FDA) recalled the Hyland's Teething Tablets. They contain a chemical which can be hazardous and harmful for children.

