

Your baby's first tooth is an exciting event!

Most babies get their first tooth between 4 and 7 months. A few babies don't get one until after their first birthday! There's no need to worry about timing. By age 3, most toddlers have a full set of 20 teeth.

Teething pain *can* be a worry. These simple tips can help you soothe sore gums *and* care for your baby's new pearly whites.

Watch for signs of teething

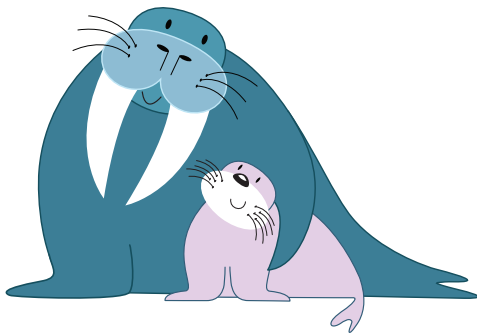
Several weeks before a first tooth appears, some babies may experience these signs:

- Acting a little cranky
- Drooling
- Wanting to chew hard things
- Having puffy, red gums—especially in the front of the mouth, where teeth usually come in first

Some babies have a minor fever when teething. But high fever (over 101°F) and diarrhea are *not* caused by teething. If your baby has either one, call your doctor.

Tips for soothing sore gums

- **Use a little pressure.** It helps a new tooth push through soft gum tissue and brings relief.
 - Gently rub baby's gums with your finger or a wet washcloth.
 - Offer a teething ring or pacifier made of firm rubber. Don't use liquid-filled rings, since they can break easily.
- **Keep things cool.** It can help with pain and swelling.
 - Chill a teething ring, pacifier, or wet washcloth—but don't fully freeze it. Anything too hard can damage your child's gums.
 - Offer a chunk of frozen fruit in a baby-safe mesh bag feeder.
- **Try a pain medicine.** It can ease teething pain, if your baby is very uncomfortable.
 - Acetaminophen (eg, Infants' **TYLENOL**®) is recommended by pediatricians for teething pain. Ask a doctor for dosing children under 2 years of age. Ibuprofen (eg, Infants' **MOTRIN**®) can also be recommended, for babies over 6 months old.
 - Avoid rub-on teething gels or liquids for babies less than 2 years old. Many contain *benzocaine*, an ingredient that can cause dangerous side effects in young babies.
 - Never use liquor to numb baby's gums.



How to care for little teeth

Here is what the American Dental Association (ADA) suggests:

- As soon as baby's first tooth appears, use a soft baby **toothbrush** dipped in water after each feeding.
- Ask your dentist when to use **fluoride toothpaste**. In most cases, you should wait until your child is 2 years old. If your child drinks little fluoridated water, your dentist may suggest starting earlier. Or he or she may prescribe a daily dose of fluoride, to protect teeth from cavities.
- Start **flossing** daily once your baby has two teeth together.
- Make your baby's **first dentist appointment** by his or her first birthday.



Download FREE Kids' Wellness Tracker

Track your child's height, weight, BMI, vaccines, symptoms, and medicines, plus calculate dosing.



Health Tips from McNeil Consumer Healthcare Division of McNEIL-PPC, Inc.,
the makers of Children's **TYLENOL**® and Children's **MOTRIN**®

App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc. Standard download rates may apply.