

Tips to help your baby through times of teething

By KIM GLOVER, R.D.H.

When your baby is teething, it can be a real challenge for everyone in your household. You may have seen the symptoms: fussiness,

your baby is four months later than the average age for getting her first teeth, she will usually continue to be about four months later than the average for the rest of her teeth, as well.

Simple home remedies are the best thing to comfort a teething child. If your baby has started solid foods, use a special mesh bag that is made for safely giving solids to babies. Slice a banana into one-inch chunks and freeze the pieces. Pop one of the frozen chunks into the mesh bag. It will be a safe, cold relief to her gums as she chews on it. Freeze her favorite baby food — rice cereal, fruit or even a chunk of carrot — and it will work great in the mesh bag. This, of course, is to always

drooling, refusing to eat or drink, and chewing on fingers or anything else in sight. Some teething babies run a slight temperature and may experience diarrhea.

Babies get their first teeth around six months, but can start as early as two months, or as late as 12 months. Teething continues sporadically until age two or three, when all 20 baby teeth should be visible in the mouth. Google “teething chart” and you will find images to show at what age each baby tooth is expected to come in. If

be used with supervision.

Make some chamomile tea and dip a washcloth in the tea. Put the cloth in a plastic bag, then freeze it. Give the frozen washcloth to baby for another soothing item to chew on.

You can even use your finger to apply pressure to your teething baby’s gums to massage and give relief.

Some parents swear by having their baby wear a Baltic amber teething necklace. They claim fewer teething issues while their child wears the necklace. However,

there are serious concerns about a baby or toddler wearing these necklaces. The necklace could catch on something and strangle a child, or it could break, leaving the beads loose for a baby to pick up and choke on.

Discomfort from teething is best treated without medicines. Last fall the FDA issued a warning to parents to dispose of all teething medicines, numbing gels and homeopathic tablets. These products are suspected to have caused potentially fatal conditions such as seizures, difficulty breathing and muscle weakness.

If you chose to use ibuprofen or acetaminophen while your baby is teething, it is very important that your baby’s pediatrician has pre-



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viously okayed of the use of that medication for your child, and that you follow proper dosing.

Don’t forget the love! You know that anytime your baby doesn’t feel good, she will need to be held and cuddled more. Teething is definitely one of those times. Remember, teething is temporary and sporadic, and will be over soon!

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Wishing you all a Merry Christmas and Happy New Year!

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