



Self-care Information

Teething

Tips on how you can manage teething in children.

“Supporting you to look after your child”

Key Points:

- Most babies start teething at 6 months.
- This can be seen as a flushed cheek, more dribbling than usual, and wanting to chew on things.
- Teething toys, cooled in the fridge or healthy foods such as raw fruit and vegetables can be helpful.
- Paracetamol or ibuprofen can be given to relieve teething symptoms in babies and young children aged 3 months or older.

What does teething look like?

Some babies are born with their first teeth. Others start teething before they are 4 months old and some after 12 months. Most babies start teething around 6 months.

Baby teeth sometimes emerge with no pain and discomfort. At other times teething can cause a lot of distress and shows in your baby as below:

- Your baby's gum is sore and red where the tooth is coming through.
- One cheek is flushed.
- Your baby is dribbling more than usual.
- They are gnawing and chewing on things a lot.
- They are more fretful than usual.

When to seek advice

- Get medical advice if your baby has any symptoms that are causing you concern. You can call NHS 111, visit your local pharmacy or contact your GP or health visitor.

What can be done to help a teething child?

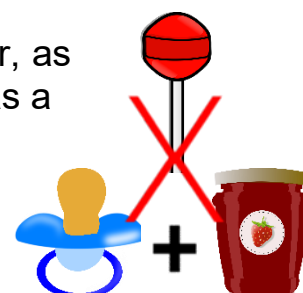
You could try...

- ✓ Teething rings - These give your baby something to chew safely that can ease their discomfort and distract them from any pain.
- ✓ Healthy things to chew on - If your baby is 6 months or older. Pieces of apple or carrot are ideal or a crust of bread or a breadstick.
- ✓ Teething gels - For babies over 4 months old. These sugar free gels can be rubbed on their gums. Your pharmacist will advise you which is the most appropriate for your baby.
- ✓ Wiping away the excess saliva your baby may produce to avoid a rash forming around the baby's face.



Try not to...

- ✗ Give any foods to your baby that contain lots of sugar, as this can cause tooth decay, even if your child only has a few teeth.
- ✗ Never dip dummies in sweet substances, such as honey, jam, or sugar. This can cause tooth decay.



Looking after your baby's teeth

- Register your baby with a dentist when their teeth start coming through.
- Start brushing your baby's teeth with fluoride toothpaste as soon as their first milk tooth breaks through.

Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/baby/babys-development/teething/tips-for-helping-your-teething-baby/>

For a Patient Website: <https://patient.info/childrens-health/teething>

For more advice visit your local pharmacy.



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