



Teething

- Babies will drool, chew or fuss when teething.
- Teething usually starts around 3-4 months
- Give babies things to chew on: a teething ring, a cold washcloth, teething toys
- Rub the gums with your thumb.
- Watch out for things that baby may choke on.
- Teething does not cause diarrhea or fevers

Teething Relief

- Teething pain usually does not last for more than 2-3 days at a time.
- If your baby is miserable, Baby Tylenol or Motrin provide longer relief. Ask your doctor or pharmacist about the right amount.
- Numbing gels can cause choking or other serious health problems.



Resources for Dental Care

- Call 211
- Snohomish Health District
www.snohd.org

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter "D" for Dental Care or "O" for Oral Health.

425.339.5219 (recorded list)
Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

- **WithinReach**
www.parenthelp123.org
Online eligibility for Medical/dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 206
Everett, WA 98201-3900
425.339.5219

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Oral Health for Ages Birth to Six Months



What parents need to know

 **SNOHOMISH HEALTH DISTRICT**
WWW.SNOHD.ORG

Good oral health begins before you can see the teeth!

Choices made before babies get their first tooth will improve their oral health.

Parents choose:

- How to care for their teeth
- How to care for babies teeth
- What, when, where and how their babies and children eat

Best beginning: Take care of your teeth so your baby will have the best chance for cavity free teeth.

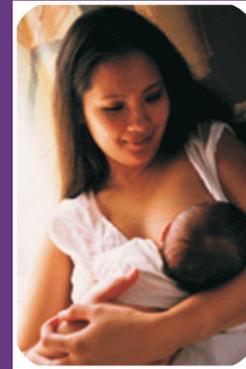
The germs that cause cavities are usually passed from mother to baby.

Feeding Practices

Breast milk or formula is all your baby needs for the first 6 months

Breastfeed:

- • Good for babies and good for teeth.
- Breast feed as long as you can.
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If you choose to bottle feed:

- Hold your baby for EVERY feeding.
- Never give a bottle in bed. Babies won't need one to go to sleep.
- Sleeping with a bottle can lead to: tooth decay, ear infections.
- Never prop a baby with a bottle.

Time for a Cup:

Introduce a cup (no lid) when your baby is able to sit up alone, around age 5-6 months.

Pacifiers and Thumb Sucking

- Sucking helps babies sleep through the night.
- Pacifiers and thumb sucking calm babies.
- Babies cry less their first year, when using a pacifier or sucking a thumb.
- Ask an expert about pacifiers when establishing breastfeeding.
- Sucking does NOT create buck teeth.
- Clean pacifiers with water, not saliva.



Clean your Baby's Mouth

- Wipe your babies gums with a soft, damp cloth each day.
- Use a cloth or small toothbrush, when teeth first come in.