

Do not use topical numbing gels such as Orajel for children younger than two years old. It is not safe or effective.

If your baby is very cranky ask your doctor or dentist if you can use baby Tylenol (acetaminophen). Taking the correct amount before bedtime can give your baby better sleep.

Do not use any product, even if it is considered natural, without your doctor's knowledge.

Most babies do fine without anything while teething.

If you have any questions, please see your dentist.

Resources for Dental Care

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

From the home page, select 'Find a Low-cost Dentist' from the left side bar. Then click or print Low Cost Dental Resources.

- **425.339.5219** (recorded message)
Call if you want a 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
Oral Health Program
3020 Rucker Avenue, Ste 203
Everett, WA 98201-3900
425.339.5219

Oral Health and Teething Pain



Teething Pain



Teething

Babies usually begin teething at six months but there is a wide range of “normal”. There is no need to worry unless no teeth have come in by time the child is 18 months old. Most children will have all 20 baby teeth by the time they are three years old.

Give your baby lots of things to chew on to lessen teething pain. Cool, firm, textured are most helpful. Make sure chewing toys are not too small. Toys that will fit into a toilet paper roll are too small.



A = First to come in E = Last to come in

Signs of teething include:

- drooling
- chewing on solid objects
- fussiness
- biting
- sore or tender gums
- runny nose
- fever and diarrhea are not related to teething

What are the best ways to comfort teething babies? Consider these simple tips:

- Rub baby's gums with a clean finger or washcloth
- Offer a cool teething ring or washcloth to chew on
- Nursing or offering pacifiers
- Dry baby's chin with a soft cloth to prevent skin irritation
- Offer chilled foods