

Factsheet

Teething

Symptoms of teething can start as early as 3 months of age. It can continue up to 2.5 – 3 years of age.

Symptoms that may suggest a child is teething

- Teething
- Drooling
- Gum rubbing
- Irritability
- Biting/mouthing

Symptoms that are not due to teething

- Loss of appetite
- Difficulty sleeping
- Cough
- Rash
- Diarrhoea
- Seizures
- High-grade fever

If a child has any of these symptoms, it is best to talk to a doctor to make sure they are not sick.

How to help soothe your baby's discomfort

- Affection, cuddles, and attention.
 - Gently massage your baby's gums with the back of a cold spoon or a clean finger and wet cloth.
 - For baby's over 6 months of age, consider using teething rusks.
 - Pain relief medications, such as paracetamol and ibuprofen.
- * Ask your dentist, doctor, nurse, or pharmacist for advice before using any pain medication.

Be careful if you choose to use the following remedies

Over-the-counter teething gels

Cold gels can help. This may not last long as the gel can be washed away by saliva.

Baby's can swallow the teething gel put on their gums. It is hard to know how much gel is swallowed. This can make the throat numb and be a choking hazard.

Pacifier/dummy

Do not cover a dummy with jam or honey. If your baby has teeth, this can cause tooth decay.

Amber beads

Beaded necklaces or bracelets may be a choking hazard. They are not likely to help with pain.

