



Ticket to Healthy Living

TEETHING



Texas Children's Health Plan is your family's ticket to health care.



What is teething?

Teething is when your child's teeth are coming in for the first time. The teeth are working their way through your baby's gums. Teething usually starts when babies are 4 to 6 months old and can go on until they are 2 or 3 years old.

Signs you might see

- Small bumps on the gums with some redness.
- Gums may be swollen.
- The baby may be fussy.
- The baby chews on fingers and puts things in her mouth.
- The baby's mouth and chin are always wet from drooling.

What to do

- Rub the baby's gums with your finger or a cold wet cloth to help ease the pain.
- Give the baby a hard (not gel-filled) teething ring or a cold, wet cloth to chew on.
- Sometimes, you might give Tylenol if the baby is very fussy. Read the label to find out how much medicine to give. Also, check with the doctor before you give any medicine.

When to call your doctor

- The baby looks or acts sick.
- You have questions.

More information

- Usually, medical care is not needed for teething. Teething is a normal process, but it can be painful for some children.
- Do not put any teething medicine on the gums.
- Do not tie a teething ring around the baby's neck. This can cause choking. You can give her a teething ring to hold.
- Never put a baby to bed with a bottle or sippy cup of milk or juice. This will rot the baby's teeth.
- Clean the baby's gums and teeth after meals and bedtime with a wet cloth or soft toothbrush.

