

Teething – Symptoms & Myths

Your baby's first tooth can arrive any time between three and 12 months. One by one, the rest of the teeth will continue to come and by the time they are 3 years old, most children have all 20 of their baby teeth. In general, it takes about eight days for a tooth to push through the gum – that includes four days before it pushes through, the day it appears and three days afterwards.

The most common signs of teething include:

- red and swollen gums
- irritability, being unsettled
- heavy drooling
- red flushed cheeks or face
- gum rubbing, biting or sucking
- rubbing his ear on the same side as an erupting tooth
- sleepless at night and wakeful during the day
- not feeding as well

Fever & Diarrhea

Teething does not cause fevers. If your baby has a fever or diarrhea while teething, treat it as you would at any other time. If you have any questions or concerns about your baby's fever or diarrhea, call 8-1-1 to speak with a registered nurse, or contact your health care provider.

Although your baby may have a **mild** rise in temperature on the day his/her tooth comes in, most experts agree that **teething doesn't cause a fever or diarrhea**. More likely your child is coming down with a cold, mild flu, ear infection or tummy troubles so keep him/her home and get him/her checked out by your doctor.

Comforting Your Teething Child

Teething may cause some discomfort, making your child fussy. He or she may feel better if allowed to chew on a clean, chilled teething ring, teething toy, or clean wet face cloth. Teething cookies or biscuits are not a good choice because these can stick to your baby's teeth and cause tooth decay. Check with your doctor, dentist or health care provider before using teething ointments, gels or tablets, or any other teething items.

If your baby is really uncomfortable, you can give him/her the correct dose of infant acetaminophen or ibuprofen. Talk to your doctor first if your baby is under three months if giving acetaminophen and under six months if giving ibuprofen. Always follow the correct dosage instructions on the packet. **Ask your doctor or pharmacist if you're unsure how much to give your baby.**

