

Teething Trouble

Teething Timeline

Teething usually starts between 6 and 10 months old, but may start after the first year. The two front bottom teeth or the two front top teeth erupt first.

Symptoms

Typical symptoms are fussiness, drooling, gum tenderness, and mild increases in body temperature (less than 100.4 Fahrenheit). Fevers of 100.4 Fahrenheit or higher would not be caused by teething.



*See the Fever Facts handout if you have concerns about your child's fever.

Home Care

Soothing techniques include cool washcloths or foods, gentle rubbing of your infant's gums, softer chewing toys, and possibly Tylenol for pain with dosing based on your baby's weight.



While there are various brands that make teething toys, remember cool is better than cold as frozen items can cause gum damage. It is also important to avoid teethingers filled with foreign liquid or any small parts that can be easily broken off by your baby. If your baby is eating solids, there are some great food items that can be used as food teethingers to soothe while also providing oral motor development! These include mango pits or pineapple cores, corn on the cob, or drumsticks with the skin, cartilage, and meat removed. While these foods are resistive foods with cores that should not break off, always check for brittle or loose areas and ensure proper supervision by a caregiver.

We do not recommend topical numbing gels or sprays as these medications can be dangerous for your child and have not proven to relieve symptoms.

Questions?

This sheet provides general advice and is not specific for your individual child. Always call if something seems off or if you have specific questions or concerns!

