



## Teething

*Prepared by the Health & Safety Specialists at Child Care Aware® of North Dakota*

Teething is the normal process of new teeth working their way through the gums. It can be different for every child. Baby teeth typically come in between 6 and 24 months of age.

### Main Symptoms of Teething:

- Drooling
- Face rash/rosy cheeks
- Chewing
- Gum pain/swelling – which may cause infant to be more fussy

### False Symptoms of Teething:

- Teething does not cause fever, diarrhea, vomiting

### Warnings:

- Teething tablets are not recommended.
  - FDA warns against the use of homeopathic teething tablets (ex. Hyland's).
  - Symptoms seen: seizures, difficulty breathing, flushing, lethargy/drowsiness.
- Teething necklaces are not recommended (even if placed on ankle or wrist).
  - These items pose a risk of choking, strangulation, mouth injury and infection
  - The FDA issued a consumer product safety warning for these products.
  - The American Academy of Pediatrics does not recommend their use.
- Teething products that contain benzocaine (ex. Orajel and Anbesol) are not recommended.
  - The FDA warns against using these products. Products that contain benzocaine can cause methemoglobinemia (decrease of oxygen in the bloodstream).
  - The American Academy of Pediatrics does not recommend their use.
  - Symptoms seen: pale/gray/blue skin or lips, shortness of breath, fatigue/lethargy.
  - These products also can affect a child's gag reflex because they can numb the throat. This could affect swallowing, which could lead to choking.
- Pain relievers (ex. Tylenol) are not recommended for long term use.
  - Pain relievers should only be used if necessary for teething pain.
  - Follow the manufacturer's instructions for use. For best practice, obtain written orders from the child's health care provider in addition to the written parental permission required for licensing.

### Recommended Treatment of Teething Pain:

- Give children something safe and cold to chew on such as:
  - Tie a knot at an end of a damp clean washcloth and place in a plastic bag in the freezer. Launder after use.
  - Teething ring that has been chilled in the refrigerator but is not frozen solid. Frozen items are too hard for children's mouths and could bruise gums. Sanitize after use.