



Teething

Prepared by the Health Consultant Team 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 – which may cause infant to be more fussy

False Symptoms of Teething:

- Teething does not cause fever, diarrhea, vomiting
- Teething does not cause a baby to be more likely to get sick

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.
 - **Licensing does not allow teething necklaces to be worn for sleep.**
- 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 in an end of a damp clean washcloth and place 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.

Sources:
Food and Drug Administration (FDA)
American Academy of Pediatrics (AAP)

Revised 2/20