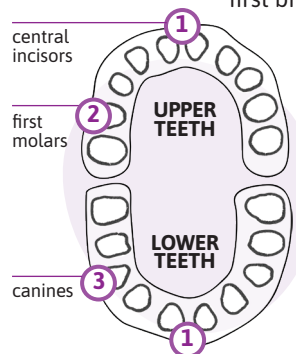


# What is teething?

Smile! It's a big moment in baby's development — the first tooth! Teething is when your baby's teeth start to break through the gums. The process generally starts around 4–7 months and can last up to 36 months.

**While first teeth often appear around 6 months, don't worry if your baby doesn't follow this timing!**

Timing of teething varies and some babies reach their first birthday without any teeth.



**Most babies develop teeth from 6–12 months & have all their baby teeth by 3 years**

- ✓ The first teeth to appear are the front teeth (either upper or lower)
- ✓ The first molars generally come after



# Common teething signs

Signs of teething may begin before a first tooth is even visible. As the teeth begin to emerge, the gums around them may become swollen and tender. Some discomfort during teething is normal.

## Common signs of teething:

- ✓ Fussiness
- ✓ Trouble sleeping
- ✓ Irritability
- ✓ Ear rubbing
- ✓ Loss of appetite
- ✓ Increased drooling
- ✓ Desire to chew

**Call your pediatrician** if your baby has any of the following:

- ✓ Fever
- ✓ Diarrhea
- ✓ Rash



**Every baby is different,** so some children may have no problems!

To help prevent cavities, **never let your baby fall asleep with a bottle**



Check to see if your water contains fluoride, a mineral that **helps prevent tooth decay**

## New teeth need to be brushed!

Brush baby's teeth 2x daily with a soft-bristled child's toothbrush using a rice grain-sized amount of fluoride toothpaste



Wash your hands and **gently rub baby's gums with your finger** or a cold, wet washcloth



## Explore edible teethers

at snack time if your child is 6 months and older and accustomed to eating solid foods†



Ask your doctor if an **over-the-counter pain medication** is appropriate for your baby†

 **BabyMatters™**  
by Gerber Medical Hub

# All About Teething

Learn more at [gerber.com](https://gerber.com)  
or call 1-800-4-GERBER  
Healthcare professionals, visit [medical.gerber.com](https://medical.gerber.com)



# Soothing a teething baby

There are several things to try if your baby is experiencing discomfort during teething, but keep in mind that what works for some babies may not work for others. Sometimes cuddle time with you will be the biggest comfort!

# Caring for your baby's new teeth

Taking care of baby's new teeth is important. When baby's first tooth emerges, it's time to get out the toothbrush and schedule your baby's first dentist visit.