

FIRST SMILES

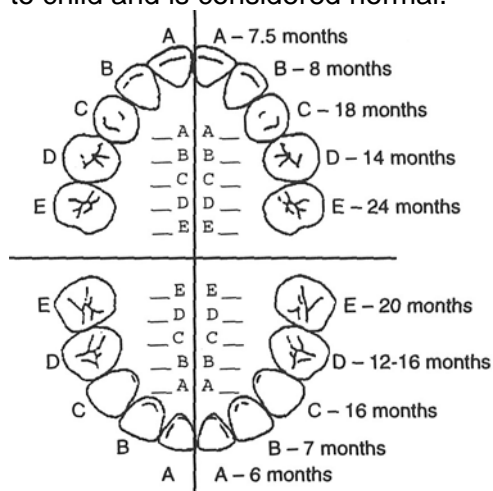
Tooth development and teething

Teething is a normal developmental process that usually commences during the first 12 months of a child's life and continues through to adolescence and early adulthood.

Teething associated with the first (or deciduous) teeth can be distressing for the child and cause parents a great deal of confusion and concern.

When do the first teeth erupt?

The first teeth start to erupt (or come through) when the baby is about six months old. However, this can vary significantly from child to child and is considered normal.



Average times for tooth eruption.

Signs and symptoms of teething

- Increased dribbling
- Flushed or rosy cheeks
- Red and swollen gums
- Chewing on everything
- Loss of appetite
- Loose bowel motions
- Irritability and restlessness

Teething does not cause:

- High fever or fits
- Coughs or ear infections
- Rashes or swollen glands
- Smelly urine or acute diarrhoea

If these signs and symptoms are incorrectly assumed to be associated with teething, medical treatment may be delayed or a serious illness may go undiagnosed.

What you can do to help

- Gently rub the child's sore gums with a clean finger or the back of a small cool spoon.
- Give the child a cold teething ring or homemade water or diluted fruit juice ice block to chew on.

Teething gel may provide some relief for children over four months of age. When using teething gel always read the product information first and do not exceed recommended dosage. If baby is very irritable, distressed or needs settling at night, give paracetamol as directed for this age. Your pharmacist will be able to assist in these matters.

However, in most cases the best treatment for discomfort in teething is tender loving care for both child and parent.

For more information on tooth development and teething or caring for children's teeth, contact:

Belconnen Health Centre	6205 1541
Civic Dental Clinic	6205 5111
Phillip Health Centre	6205 1463
Tuggeranong Health Centre	6205 2768