



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Tips For Teething

Some babies have no problem with teething, while others can be fussy or have trouble eating or drinking.

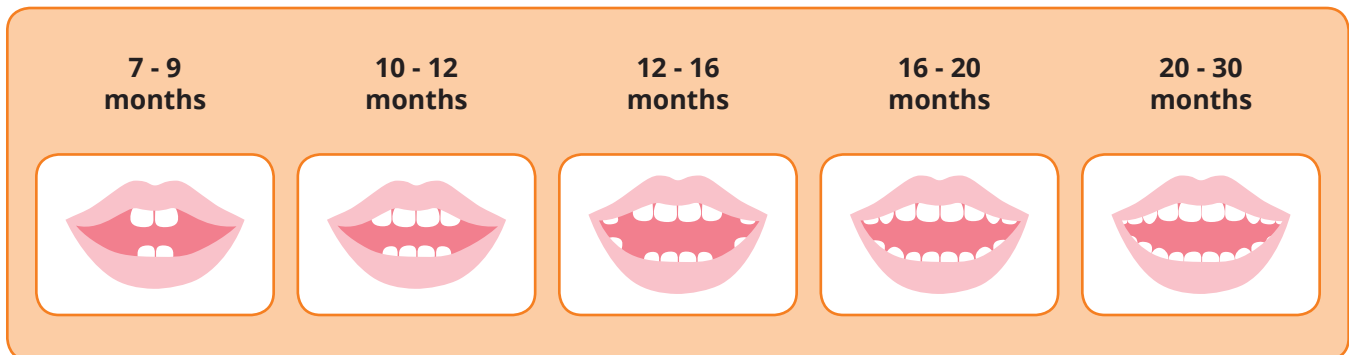
Provide bibs for drooling and soft, clean toys or teething rings for chewing.

This is a time for extra cuddling and comforting.



- Teething does not cause fever or diarrhea. If your child develops a fever or diarrhea, contact your family doctor.
- Teething gels or tablets are not recommended.
- To ease teething discomfort or pain, give your child a chilled wet facecloth or chilled teething ring. Some communities use dried fish as a natural teething aid. What traditional ways does your community use to ease teething?
- Teething cookies, crackers and bannock are NOT recommended for teething because they can stick to your baby's teeth and may cause cavities.

Baby Tooth Eruption Chart



Each child has their own teething schedule.

Teething usually begins at around 6 months and finishes at around 3 years.