

# TEETHING



## Everything you need to know

### TEETHING TIMELINE\*



#### 4-6 months

Your baby's teeth are almost ready to emerge. Swollen gums are common as teeth begin to push through.



#### 6-10 months

The first teeth to arrive (lower central incisors) are typically the most painful.



#### 8-12 months

The 2 upper central incisors appear next.



#### 9-16 months

The lateral incisors mark the end of painful teething. A full set of teeth should arrive by age 3.



### TEETHING SYMPTOMS

**T**ROUBLE SLEEPING  
**E**AR RUBBING  
**E**XCESSIVE BITING  
**T**ENDER GUMS  
**H**EAVY DROOLING  
**I**RRITABILITY  
**N**O APPETITE  
**G**UM RUBBING

### TEETHING TIPS

- Offer food or a pacifier to chew
- Place a cold spoon on the gums
- Gently rub your baby's gums with a damp washcloth, clean finger or soft baby toothbrush
- Offer a refrigerated teething ring, preferably made of firm rubber
- Give your baby a warm bath (about 37 degrees)
- Try Camilia homeopathic medicine to relieve teething symptoms (painful gums, restlessness, irritability, diarrhea)

More info: [www.boiron.ca/teething](http://www.boiron.ca/teething)

2016 Boiron®, all rights reserved

\*Teething timelines vary from one child to another

#### SOURCES :

<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwId=hw55254>  
[http://www.cda-adc.ca/en/oral\\_health/cfy/dental\\_care\\_children/development.asp](http://www.cda-adc.ca/en/oral_health/cfy/dental_care_children/development.asp)  
<http://www.healthyparentshealthychildren.ca/young-babies-birth-to-6-months/everyday-care/teeth-and-mouth>  
[http://www.babycenter.com/0\\_teething-signs-and-symptoms\\_10357437.bc](http://www.babycenter.com/0_teething-signs-and-symptoms_10357437.bc)

This homeopathic medicine may not be right for everyone. Always read and follow the label.

