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How to soothe a teething baby

We can't avoid teething completely, but we can make it easier to manage

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Discovering your child's first tooth is an exciting milestone. But the feeling of achievement can soon be replaced by sleepless nights for the family as your baby goes through teething.



There are, however, many things you can do to help soothe your child and keep the rest of your household smiling.

When do babies start teething?

Every baby develops differently. So while most get their first teeth between six and 10 months, others may not get theirs until they're one year old. Children will usually have all their teeth by the time they are about 2 1/2, however, there are exceptions to the rule.

What are the symptoms of teething?

- Flushed cheeks
- Sensitive red gums
- Drooling
- Desire to chew on whatever they can find
- Crying
- Refusing to eat
- Waking up at night distressed

Sometimes you might be able to see your baby's tooth coming through, or you may feel a bump on their gum line. If you're becoming worried your child is not well, then see your doctor.

Simple things to help soothe teething pains

When trying to bring your little one teething relief, extra cuddles and hugs go a long way. You'll also find they often love to chew, so give them something firm to bite on such as a teething ring. You can even keep one chilled and sterilised in the fridge.

Another thing you'll find that may work is to lightly massage your baby's gums with a clean finger.

You'll also want to consider using a sugar-free, colour-free teething gel or a pain-reliever such as children's ibuprofen.

3 tips for a happier household when your child is teething

- Share night-time soothing duties with your partner
- If night sleep is disrupted, encourage plenty of naps for the whole family
- Make sure you take teething rings with you when you're out and about