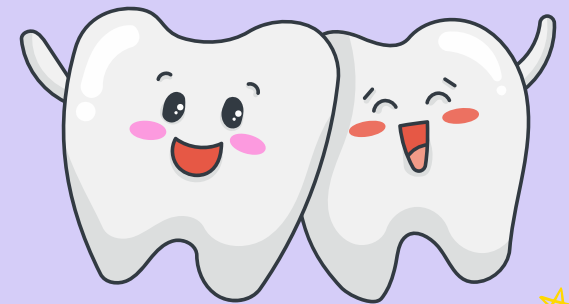




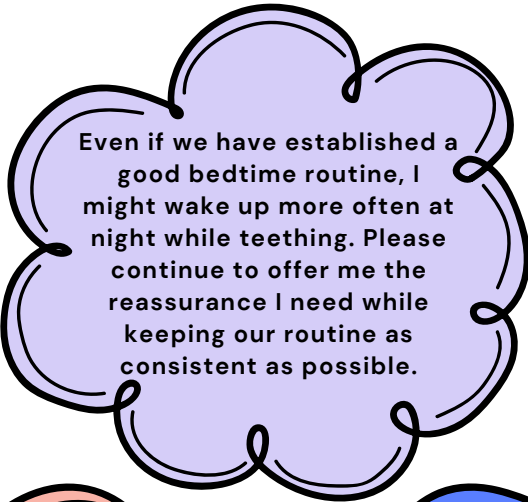
# MILKY WAY

THE TROUBLE WITH TEETHING

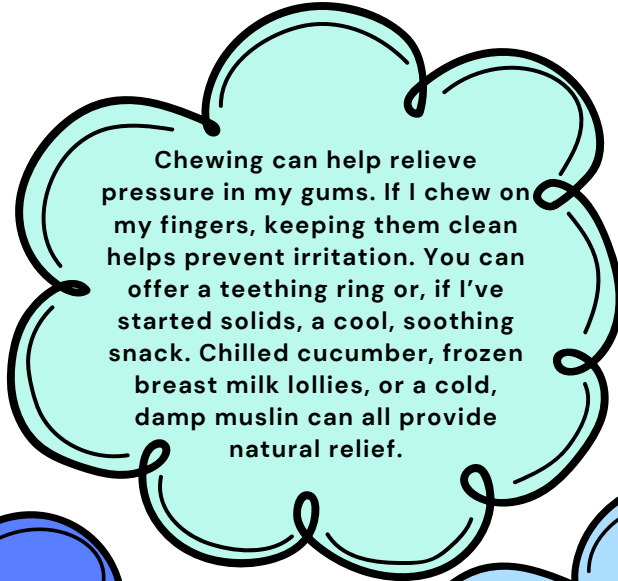




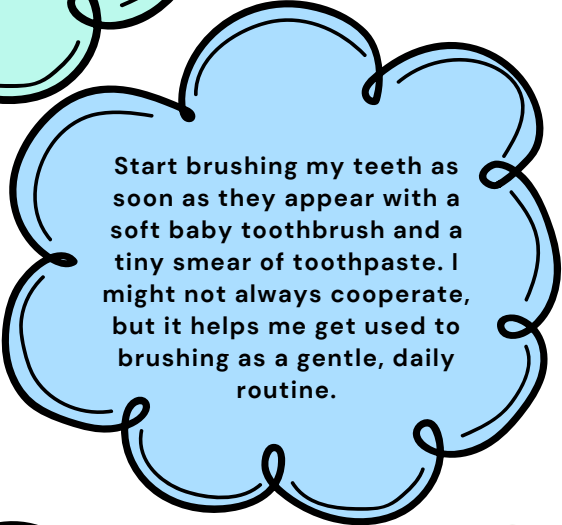
# TEETHING



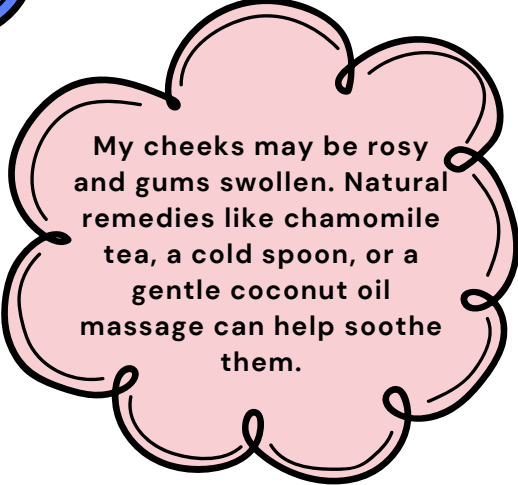
Even if we have established a good bedtime routine, I might wake up more often at night while teething. Please continue to offer me the reassurance I need while keeping our routine as consistent as possible.



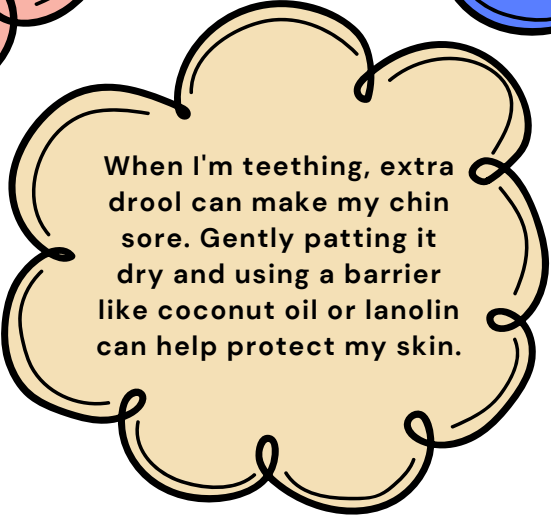
Chewing can help relieve pressure in my gums. If I chew on my fingers, keeping them clean helps prevent irritation. You can offer a teething ring or, if I've started solids, a cool, soothing snack. Chilled cucumber, frozen breast milk lollies, or a cold, damp muslin can all provide natural relief.



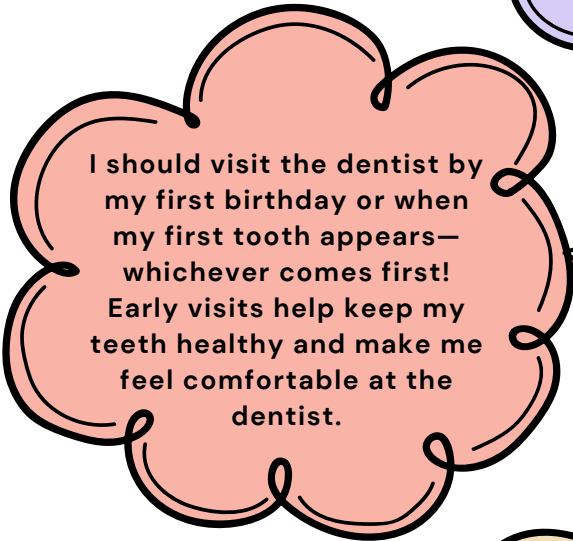
Start brushing my teeth as soon as they appear with a soft baby toothbrush and a tiny smear of toothpaste. I might not always cooperate, but it helps me get used to brushing as a gentle, daily routine.



My cheeks may be rosy and gums swollen. Natural remedies like chamomile tea, a cold spoon, or a gentle coconut oil massage can help soothe them.



When I'm teething, extra drool can make my chin sore. Gently patting it dry and using a barrier like coconut oil or lanolin can help protect my skin.



I should visit the dentist by my first birthday or when my first tooth appears—whichever comes first! Early visits help keep my teeth healthy and make me feel comfortable at the dentist.