

# The Trouble with Teething

When your baby is around six months old, they may cut their first tooth, however, signs of teething may occur well before you see those cute little first tooth buds.

Now we have mastered a good bedtime routine, I might be unsettled in the night whilst I am teething. Try to stick to my usual routine but give me some extra comfort if I am uncomfortable



Teething can be painful for me and I may be irritable, extra cuddles and kisses are the best cure!



Chewing helps relieve the pain and pressure of teething. Try to keep my hands clean I am chewing my fingers, offer me a teething ring or, if I have started weaning, a cool healthy snack may soothe my gums



I may end up with a very wet chin when I am teething which can make my little chin sore. To help you can use a little petroleum jelly for extra protection



Rosy, red cheeks often accompanied by swollen, red gums are a sure sign of teething. With a clean finger gently rub over my gum as this will help lessen the pain, you can also try teething gel or other pain relief



You can start brushing my teeth as soon as they start to come through, using a baby toothbrush and a tiny smear of toothpaste. Don't worry if you don't manage to brush much at first; the important thing for me to get used to brushing as part of my daily routine

