

# Teething Checklist

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## Your child's teething timeline

Teething is full of old wives' tales and horror stories but even before your baby was born, little tooth buds were developing under their gums. This guide will help you to understand when your baby's teeth will start to appear. But as in all milestones, growing teeth is NOT a competition so don't get too anxious about the exact ages & stages.

It's perfectly normal for a baby to show their first tooth as early as three months, or as late as their first birthday. A few babies are even born with a tooth! It takes between two years and three years for a full set of teeth to appear.

## Baby

At around four to seven months teething begins. Your baby's gums may be swollen and red where their new teeth are cutting through. It may be painful for them, and they may dribble quite a bit. You may find your baby fractious and harder to settle, and they may need extra cuddles & more comforting.

**Top Tip:** As soon as your baby's first tooth comes through, you'll need to get in the habit of tooth cleaning.

**Around six months**, or between five to seven months, your baby's first teeth emerge, usually on the bottom in the middle (lower central incisors). These two teeth arrive at about the same time.

**Fascinating Fact:** Tooth development is hereditary, so if you got your teeth early, it's likely that your baby will, too.

**Around seven months**, or between six to eight months, your baby's upper middle teeth (the upper central incisors) emerge.

## Top tip. Teething troubles?

- Once your baby is more than six months, try feeding them cold apple puree or yoghurt, straight from the fridge, to give them some relief. • Rub your baby's gums. Use a clean finger or moistened gauze pad to rub your baby's gums.
- Keep it cool. A cold washcloth, spoon or chilled teething ring can be soothing on a baby's gums...
- Try hard foods...
- Try an over-the-counter remedy.

Around 9 to 16 months: Upper teeth right next to the middle teeth (upper lateral incisors) make their appearance. Bottom teeth right next to the middle teeth (lower lateral incisors) come next.

**Fascinating Fact:** Teeth usually emerge in pairs, with two on the right and two on the left.

## Toddler

**Around 14 months** The first molars come in on the bottom and the top at about the same time.

Fascinating Fact: Primary teeth, or baby teeth, are brighter white and smaller than permanent teeth.

**Around 18 months:** The sharp, pointed teeth called the canine or cuspid teeth, emerge on the top and bottom.

**Around 26 months** The very back teeth, or second molars, grow through the bottom gum.

**Around 25 to 33 months** Your child's second molars on the top come in soon after those on the bottom.

**Around two to three years** Your child has a full set of 20 primary teeth, also known as baby teeth.

## **Pre -school Child**

Around four years: Your child's jaw and facial bones are growing, which creates space between your child's primary teeth ready for the permanent, adult teeth to come in. Your child's first teeth usually start to fall out at around the age of six or seven, and begin to be replaced by their permanent teeth.

Ask for help if ... If your toddler doesn't show any signs of a tooth by his first birthday, mention it to your health visitor. Though some toddlers don't sprout a tooth until several months after this and still catch up without a problem.

Teething can be a painful process.

Here's a checklist of the symptoms and methods of pain relief.

What are the symptoms of teething?

Teething will affect each baby differently, with some babies not being too bothered by the process whilst for others it can be quite a painful process. When your baby starts teething you may notice the following symptoms:

- Gums becoming sore and red as the teeth start to push through
- One cheek may be flushed on the side the teeth are coming through
- Upset or irritable
- Dribbling or heavy drooling
- Restless and having trouble sleeping
- Not feeding well

## **Top Tips to Alleviate Your Baby's Teething Pain?**

Teething can be a long and painful process for your baby but fortunately there are a number of different teething products and solutions to help make the process a little more comfortable:

- Teething rings – These rings can be liquid filled or silicon based, and can be put into a fridge before giving to your baby to provide them with something cool to suck and chew on. This will provide relief for their sore gums.

- Cool drinks – Giving your baby a cool, sugar-free drink can help to sooth their gums and provide relief. Cool water is usually a good option.
- Teething gel – If your baby is in more severe pain, you might want to try a teething gel which can be rubbed onto their gums directly, providing temporary numbing and pain relief. Special teething gels will contain a small amount of paracetamol or ibuprofen suitable for babies and will also be sugar-free.
- Comfort or distract them – Quite often a cuddle or playing with your baby can be enough to distract them from the pain they're experiencing through teething. They might not feel in the mood to play but it can be a good way to bond with your baby whilst taking their mind off of the pain.
- Teething can make your baby dribble a lot. Protect his chin from soreness by smoothing some petroleum jelly on to his chin.
- Some parents swear by homeopathic teething powders, which you can buy from your pharmacy. However, there isn't any medical evidence that they work.
- If your baby has a temperature, or if he is inconsolable, see your doctor. Your baby may have an ear infection or other illness.

### **How long will teething last?**

There's no set time frame for when your baby's first tooth may arrive and for how long they may be experiencing teething for, although generally, once the first few have come through the others shouldn't be as painful for your baby.

If your baby is born with their first tooth it doesn't necessarily mean they'll be done teething any quicker than a baby who starts teething a few months after birth, and it's even possible that they might not start teething until around 12 months old. Generally, your little one will have their full set of milk teeth through by 2 and a half years old.

