

Mouth care for your infant

Clean your baby's mouth daily.

- Wipe baby's mouth with a thin, wet washcloth everyday.
- Once teeth appear, brush with a soft baby toothbrush and a grain of rice-sized amount of fluoride toothpaste.
- Brush twice a day, after breakfast and before bedtime.
- For more information see *Baby's Best Chance*.



Contact your Allied Health Dental staff

Cranbrook	Tel	(250) 420-2200
	T/F	1-888-426-7566
Kamloops	Tel	(250) 851-7300
	T/F	1-866-847-4372
Kelowna	Tel	(250) 469-7070
Nelson	Tel	(250) 505-7200
	T/F	1-877-221-3388
Penticton	Tel	(250) 770-3434
Salmon Arm	Tel	(250) 833-4100
Trail	Tel	(250) 364-6219
	T/F	1-888-364-0517
Vernon	Tel	(250) 549-5700
	T/F	1-888-824-3393
West Kelowna	Tel	(250) 980-5150
Williams Lake	Tel	(250) 302-5000
	T/F	1-888-702-7771

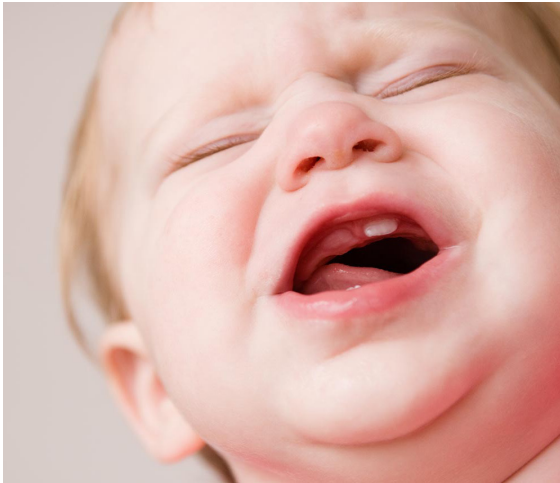


Interior Health

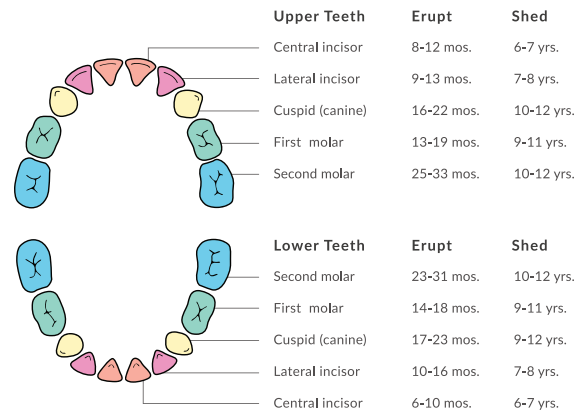
Tips for Teething

4 Month Visit





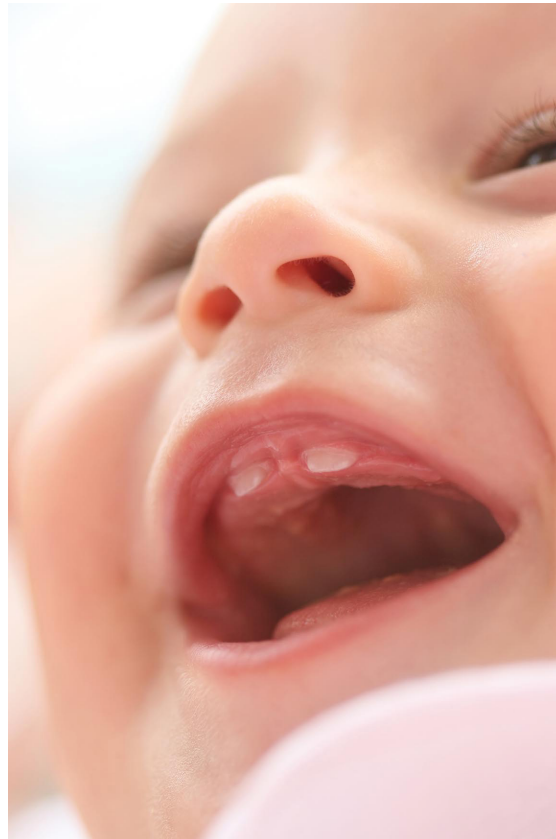
When will my baby's teeth erupt?



Teething

Each baby has their own schedule for getting teeth.

- Teething usually begins around 6 months of age, but it can start any time between 3 months and 12 months of age.
- The last baby tooth erupts around 2½ years of age.
- Some babies have no problems with teething; others can be fussy and uncomfortable.
- Drooling for weeks before their first tooth comes in is common (bibs help).
- Extra love and patience may be necessary during teething.



Tips to relieve sore or tender gums

During teething babies like to chew

- Babies will often chew on whatever they can, including their fingers and toes.
- Offer a clean chilled teething ring or clean wet facecloth to chew on.
- Do not use teething gels, ointments, or tablets without checking with your dentist or doctor.
- Teething cookies or biscuits are not recommended, as they stick to your baby's teeth and can cause tooth decay.

