

Teething

What's Normal?

Teething usually starts between 3 months and a year. Most babies get their first tooth at about 6 months. Once teething starts, it continues almost non-stop for about 2 years.

What You Can Do

Some babies aren't bothered by teething while others are uncomfortable and fussy.

If your baby is in pain, you can help ease her sore gums by:

- letting her chew on a clean teething ring or wet cloth that's been chilled in the fridge (not the freezer)
- wiping and massaging her gums with a clean finger or cloth

Don't use:

- ✗ teething gels or ointments, which can numb your baby's throat and make it hard for her to swallow
- ✗ teething necklaces, which can strangle or choke her
- ✗ food like teething biscuits or frozen fruit, which can stick to your baby's teeth and cause decay



DID YOU KNOW

Although teething may be uncomfortable for your baby, it doesn't cause fever. If she has a fever, treat it as you would normally (see [Baby Medical Care](#)).



DID YOU KNOW

You can pass cavity-causing bacteria on to your baby. Take good care of your own teeth, and don't put a soother or spoon in your mouth before giving it to your baby.

