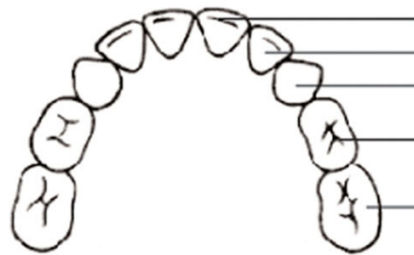
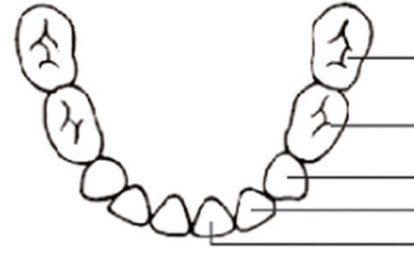


Teething

Did You Know?

- Babies will usually begin to get their teeth around 6 months of age.
- While teething, babies may chew on their fingers, hands, or anything that they can get into their mouths.
- Comfort a teething baby by offering a cold, firm, safe and clean teething object, like a teething ring or slightly frozen damp washcloth.
- Drooling and fussiness are normal signs of teething.

Teething biscuits and crackers are often sticky and sugary and can cause cavities. **Do not offer them for teething.**

	Upper Teeth	Erupt
	Central incisor	8-12 months
	Lateral incisor	9-13 months
	Canine (cuspid)	16-22 months
	First molar	13-19 months
	Lower Teeth	Erupt
	Second molar	23-31 months
	First molar	14-18 months
	Canine (cuspid)	17-23 months
	Lateral incisor	10-16 months
	Central incisor	6-10 months

Take the Healthy Mouth Challenge!

I will:

- Get a teething ring or put a washcloth in the freezer to comfort my teething baby.

