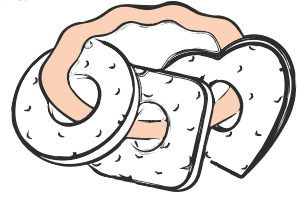


TEETHING

Teething is a natural process where an infant's teeth start to emerge through the gums. It can be uncomfortable for babies, but there are several ways parents can provide relief:



1 GENTLY MASSAGE THE GUMS

Using a clean finger or a cool, damp cloth, gently massage the baby's gums to help alleviate discomfort.

2 USE TEETHING RINGS OR TOYS

Teething rings or toys made of safe materials can provide babies with something safe to chew on. Make sure they are specifically designed for teething and can be chilled in the refrigerator (not frozen) for added relief.

3 COLD COMPRESSES

Applying a cold, damp cloth or a chilled teething toy to the baby's gums can help numb the area and reduce inflammation. Avoid freezing teething toys as extreme cold can be harmful.

4 OFFER COLD FOODS

If your baby has started eating solid foods, offering cold and soothing foods like chilled purees or yogurt can help soothe their gums.

5 PAIN RELIEF MEDICATIONS

Consult a pediatrician before using any pain relief medications. Some over-the-counter medications can be recommended by a doctor to alleviate pain and reduce inflammation.

6 DISTRACTION AND COMFORT

Sometimes, giving extra cuddles, attention, and comfort can help distract babies from teething discomfort.

7 MAINTAIN GOOD ORAL HYGIENE

Even before the teeth fully emerge, gently wipe the gums with a clean, damp cloth after feeding to maintain good oral hygiene.

8 AVOID HARMFUL REMEDIES

Some traditional teething remedies like alcohol-based solutions or homeopathic teething tablets can be harmful to babies. Always consult a healthcare professional before using any remedies.

9 MONITOR FOR SIGNS OF TEETHING


Drooling, irritability, fussiness, biting, and changes in eating and sleeping patterns are common signs of teething. However, consult a doctor if your baby experiences severe symptoms like high fever, diarrhea, or rash.

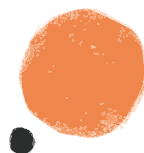
10 STAY PATIENT AND CALM

Teething can be a challenging phase for both babies and parents. Stay patient and provide the comfort and care your baby needs during this time.

REMEMBER, every baby is different, so it's important to find what works best for your child. If you're unsure or concerned about your baby's teething process, it's always a good idea to consult with a paediatrician for personalized advice.

FURTHER INFORMATION

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