



Kapa'a Pediatrics, LLC

Teething

Teething generally occurs between 4-24 months of age. Most teeth do not break through until after 6 months of age. Many people believe that teething causes all sorts of problems, but this has been studied well, and we can confidently say that...**“Teething does NOT cause fever!”** It also does not cause runny nose, cough, diarrhea, vomiting or rash.

Comfort Tips for Your Teething Baby

- Large hard piece of food that baby cannot break into small pieces. Remember to always be next to them while eating.
 - Steak bone, pork rib, turkey drumstick, large chunk of steak, carrot, broccoli stalk, apple wedge
- Wet, frozen washcloth. Try tying knots in it or soaking it in Chamomile Tea before freezing it.
- Put frozen fruit in a mesh bag or cheesecloth and use as a chew toy.
- Massage gums and let them chew your finger.
- OTC pain medicine like acetaminophen (any age) or ibuprofen (over 6mos. old) may be used as a last resort.
- **Avoid** numbing gels (i.e. Benzocaine) as these do not work and may be dangerous.
- Teething tablets have never been shown to work. They have also been correlated with seizures, so please use with caution.

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***