



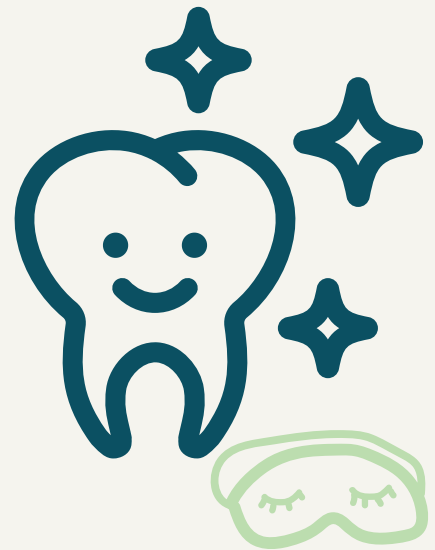
Teething

Teething can easily be thought of as a disruption of sleep but oftentimes gets confused for other causes of sleep disruption. While trying to determine how to navigate through the phase of teething, here are some things to consider...

- Our children will constantly teeth from 4 months to 2 years of age, but there are also so many other things that occur at this time.
- Studies have shown that our children's gums actually accommodate for new teeth coming in, which means when we say a "tooth is cutting through" there isn't actually any 'cutting' happening. This is why we don't see much blood during teething.
- So...we talk about discomfort or pain, studies have also shown that the amount of discomfort usually only happens within 48 hours after a tooth has been disrupted and has feelings of soreness. Most of the time, the pain itself should not be disruptive enough to keep a baby up all night!

What are the best remedies for teething?

- Use a cold cloth or a cold teether (instead of a frozen teether) to help relieve some comfort!
- Silicone teethers are the best, which can be filled with fruit or even frozen breastmilk!
- Speak to your pediatrician about use of Tylenol if necessary
- Target teething and soothers to happen right before bedtime or naptime to provide relief before sleep.
- The ultimate remedy for pain management? SLEEP!



Pediatrics, August 2011 Prospective
Longitudinal Study of Signs and Symptoms
Associated With Primary Tooth Eruption