

Teething

Teething occurs when teeth begin to break through the gums of a baby or child. This often starts when a baby is 6 to 8 months old, but can begin as early as 3 months.

Signs of Teething

- Drooling
- Swollen or sore gums
- Trouble sleeping
- Not eating
- Biting objects

Teething can be painful for some children. For others it is not. Discomfort comes from pressure of the tooth on the skin of the gums.

Your Child's Care

Here are some ways to comfort your baby and ease his or her pain:

- Gently rub the gums with a cool, damp washcloth.
- Give your baby something safe to chew on, such as rubber teething rings.
- Rub your baby's gums with a clean finger.
- Wipe your baby's face often and keep it dry to prevent rashes.
- Children's Tylenol or teething medicines can help, but check with your child's doctor first.

Keep your baby's mouth and gums clean even if your baby does not have teeth.

Dentición

La dentición ocurre cuando los dientes comienzan a salir a través de las encías de su bebé o niño. A menudo esto empieza cuando el bebé tiene 6 u 8 meses, pero puede comenzar desde los 3 meses.

Señales de la dentición

- babeo;
- encías hinchadas o adoloridas;
- problemas para dormir;
- no comer;
- morder objetos.

La dentición puede ser dolorosa para algunos niños. Para otros no lo es. Las molestias son provocadas por la presión de los dientes sobre la piel de las encías.

El cuidado de su hijo

A continuación encontrará algunos consejos para consolar a su bebé y aliviarle el dolor:

- Frote suavemente las encías con un paño frío y húmedo.
- Déle a su bebé algo seguro para masticar, como los aros de dentición de goma.
- Frote las encías de su bebé con un dedo limpio.
- Limpie frecuentemente el rostro de su bebé y manténgalo seco para evitar el sarpullido.
- El Tylenol para niños o los medicamentos para la dentición pueden ayudar, pero primero consulte con su médico.

Mantenga limpia la boca y las encías de su bebé aunque no tenga dientes.

Here are some ways to care for your child's gums and teeth.

- After each meal, wipe your baby's gums with a washcloth.
- Do not put your baby to bed with a bottle of milk or juice. This can cause tooth decay.
- Use a soft bristle toothbrush to clean gums and new teeth.
- Clean your child's gums and teeth at least two times each day.

Talk to your child's doctor before you start using toothpaste on your child's teeth. Children should not swallow toothpaste. Too much fluoride can be harmful.

Call your child's doctor if your child:

- Has a fever or other illness. Teething does not cause an illness.
- Loses a tooth due to an injury.

Talk to your doctor or nurse if you have any questions or concerns.

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Las siguientes son algunas maneras de cuidar las encías y los dientes de su bebé.

- Después de cada comida, limpie las encías de su bebé con un paño.
- No haga dormir a su hijo con un biberón con leche o jugo, lo que puede producir caries.
- Use un cepillo de dientes de cerdas suaves para limpiar las encías y los dientes nuevos.
- Limpie las encías y dientes de su bebé al menos dos veces al día.

Consulte al médico de su bebé antes de comenzar a usar pasta de dientes en los dientes de su bebé. Los niños no deben tragar la pasta de dientes. Demasiado flúor puede ser dañino.

Llame al médico de su hijo si:

- Tiene fiebre u otra enfermedad; la dentición no causa una enfermedad.
- Pierde un diente debido a una lesión.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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