

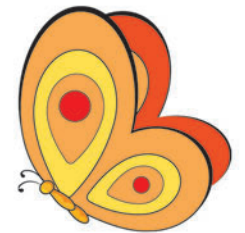
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or www.teething-babies.co.uk

NUROFEN[®]
for Children



A new Parents guide
to teething

Contains ibuprofen



Nurofen for Children. For the relief of pain and fever. Contains ibuprofen.
Always read the label. **Nurofen for Children** can be used from 3 months
old and weighing at least 5kg (11lbs).

A Parents Guide to teething



The first appearance of a tiny white tooth is a major milestone in your baby's developmental journey.

But any parent who has spent the midnight hours comforting an irritable, teething baby will tell you how upsetting it can be. The sore, tender gums can make your baby grumpy and the sleepless nights can leave you both howling with frustration.

Fortunately there is a lot you can do to soothe the discomfort.

At what age does teething start?

Your baby developed tiny tooth buds while still in your womb. Typically, these start to push through the gums and develop into baby teeth at around six months.

However, there's no need to panic if your baby's teeth appear earlier, or later. Some infants are born with a couple of teeth while others have to wait until around their first birthday. They'll get there in their own time and the age of teething isn't linked to their development in other areas.

Stages of teething

Baby teeth almost always come through in the same order. The incisors in the middle of the lower jaw are the first to appear, these are closely followed by the top pair of incisors. On average, a baby will have around ten teeth by the age of one.

The big back molars start to appear by the end of the second year and, by two and a half, most children have all of their tiny teeth.

Baby teeth begin to fall out when a child is about six years old.

Tell-tale teething signs

- Flushed cheeks
 - Rosy-red cheeks and a grumpy expression can mean your baby's first teeth are on their way.
- Sensitive, red gums
 - As the tooth starts to make its way to the surface, your baby's gums may become tender and swollen.
- Dribbling and drooling
 - A teething baby can seem to become a saliva factory, so keep muslin close at hand.
- Chewing and rubbing the gum
 - When the teeth come through they just have to chew! Your baby will use his hands, cup or any toy to rub against the gums
- Crying
 - Your baby can't tell you what's wrong so they'll show you in the only way they know.
- Sleep disturbance
 - Sore gums may keep your baby and you up at night.

Could my baby be ill?

Teething gets blamed for everything! From fever to runny noses, rashes and runny nappies! The truth is that teething may make your baby uncomfortable but it shouldn't make him ill. If you're worried about your baby's health, trust your instincts and see your doctor.

Why does it hurt?

A new tooth forces its way through your baby's gum, the soft sensitive tissues can become swollen and inflamed. Like adults, all children experience pain differently so one baby may sail through the teething process with few problems while another may really suffer. By responding to your baby's individual needs, you can ease the discomfort associated with teething.

How can I help?

- Cuddles and comfort
 - Your little one may feel grumpy and irritable. Plenty of love and hugs will help calm him.
- Keep it cool
 - Cold foods will cool the inflammation, choose chilled yoghurts and fruit to keep your little one comfortable.
- The right bite
 - Babies instinctively know that biting on something firm helps. Carrot and apple sticks, sugar-free teething biscuits and teething rings are all helpful.
- Healing hands
 - Ease the soreness by gently massaging the gum with a clean finger - a little teething gel such as bonjela Teething gel (Always read the label) may help.
- Target the pain
 - If simple measures aren't working try paediatric medicines such as the Nurofen for Children range (contains ibuprofen), which acts quickly to help decrease the pain and relieve your baby's discomfort.



Caring for your baby's first teeth.

- Start to brush your baby's gums with a soft toothbrush at bath time, or even let your baby have a go themselves under supervision. This establishes tooth brushing as part of their washing routine.
- Start brushing your baby's teeth with fluoride toothpaste as soon as the first milk tooth breaks through. It's important to use a fluoride paste as it helps to prevent and control tooth decay.
- Children under the age of three can use a smear of family toothpaste containing at least 1,000ppm (parts per million) fluoride. Any less and it won't be as effective at preventing decay. Children aged from three to six should use a pea-sized blob of toothpaste containing 1,350-1,500ppm fluoride. Make sure your child doesn't eat or lick the toothpaste from the tube.
- Brush your child's teeth twice a day: once just before bedtime, and at least one other time during the day. Encourage your child to spit out excess toothpaste, but don't rinse with lots of water.

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