

Baby & Toddler

25 PAGES OF FEATURES AND ADVICE
ABOUT YOUR GROWING BABY

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How to...

Spot the signs of teething

Your baby's first tooth is a big event, but how can you tell it's coming and ease his discomfort? Professor Andrew Eder, Clinical Director of the [London Tooth Wear Centre](#)*, has this advice...

What are the symptoms?

'A baby's gums can appear red and be

sore to touch. He may be upset, have trouble sleeping and lose his appetite. He may dribble more and have a desire to bite and put things in his mouth.'

Things to look out for

'Keep running your finger along the gums to ensure the tooth is coming through properly. It's unusual to get an infection, but if your baby has a temperature and appears unwell, take him to a dentist or doctor.'

How to ease the pain

'A soothing gel like Calgel can ease pain. If your baby's weaning, chewing

rice cakes or raw carrot can be a good way to get used to new teeth, while cold food and drink can soothe gums.'

Keeping them clean

'Once the teeth are through, clean them with a small piece of gauze or a cotton bud and a tiny bit of children's toothpaste. Avoid sippy cups with milk or juice as they can cause tooth decay if held against teeth for long periods.'