

## Teething

Most babies get their first tooth between 6 and 10 months, starting with the two bottom middle teeth, then top two middle teeth, then those along the sides. They may not all come in straight, but usually straighten over time! Your baby may not have any symptoms at all, but common signs of teething include:

- Fussiness
- Increased drooling,
- Swollen gums
- Gnawing or biting
- Refusing to eat
- Trouble sleeping
- Rubbing face and ears
- Slight fever (temperatures above 100.4 degrees F are not normal for teething)

## What can you do to help?

- Teething rings
- Cold washcloths,
- Cold foods (if taking solids)
- Talk to your child's healthcare provider before giving any medications for pain relief, such as Children's Tylenol (Acetaminophen)
  - NEVER give your child Aspirin



## Brushing

Use a damp washcloth to gently wipe your infant's gums, checks, and tongue to wipe away any food or liquids. This will help prevent bacteria from growing.

As soon as your child's teeth appear through the gums, start using a baby toothbrush to gently brush teeth with a grain-of-rice-sized amount of fluoride toothpaste twice a day. Continue to help your child brush his or her teeth until they age 6-7.

Get your child excited about brushing by letting them pick their own toothbrush or toothpaste, brushing their teeth to a song, creating a reward system, and/or make brushing a family activity.



**"Rise above the storm and you will find the sunshine."**  
Mario Fernández

## Why are people wearing masks?

From: <https://tinyurl.com/yyomngj7>

Sometimes our toddlers ask us questions that are hard to answer-- especially when we're not sure what the right answer is.

For children under three, it is best to answer their questions simply in language they understand.

- "Sometimes people wear masks when they are sick or to help keep them safe so they won't get sick."

Avoid sharing information that they can't understand because of their age.

- Can the person still talk?
  - "Yes, the mask covers their mouth, but they can still talk. Just like if I put my hand over my mouth, I can still talk."
- Are they scary or a "bad" person?
  - No, the mask covers up part of their face, but that doesn't mean they are scary or bad. They are wearing a mask to help prevent people from getting sick.
- Will I get sick?
  - "Everybody gets sick sometimes. If you get sick, I will take care of you until you are all better. The doctors and nurses will help you too."

Pretend play is very typical for toddlers and helps them make sense of their world by "trying on" the roles they see in the world around them. Suggest your child to pretend play around medical roles to focus on how people take care of others when they are sick.



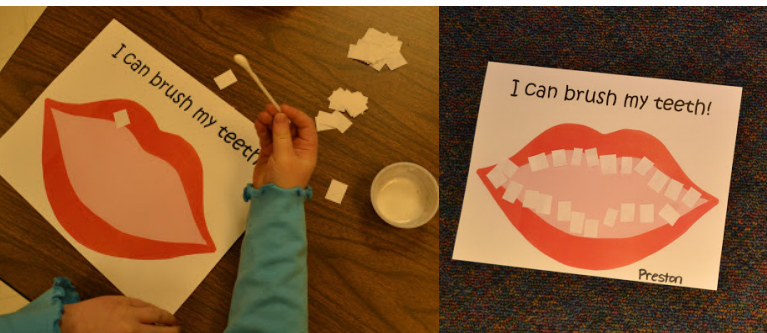
**Mask up,**  
Minnesota!

## I Can Brush My Teeth!

<http://mamabeefromthehive.blogspot.com/2011/03/dental-health.html>

Using white construction paper, help your child cut small squares to represent teeth.

Then have your child glue the teeth inside the mouth. \*See page 4 of newsletter for printout.



## How to Build an Indoor Obstacle Course for Kids

<https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps>

- Map out some space for your course. Place a piece of tape or yarn at the "starting line" and "finish line."
- Pick a silly move your child can do at the starting line to begin the obstacle course, such as: strike a pose, do a dance, do three jumping jacks, spin around three times, pretend to be a certain animal
- Next, pick a challenge like balancing a book on your head, to move forward from one part of the course to the next.
- Decide on some ways that your kid can get from obstacle to obstacle, such as crab walk, bear walk, slither like a snake, walk backwards, walk sideways, dance, walk with eyes closed.
- Set up some bigger physical obstacles, such as draping a blanket between two chairs where your child has to crawl under or limbo under; pile some pillows that your child has to "mountain climb" over; drop an empty toilet paper roll into a large bowl or bucket; place a toy that rolls at one station and have your child push it with his nose to the next station.
- Mix larger physical obstacles with smaller ones for fine motor skills, such as carrying a toy via soup ladle or large spoon between stations or searching for puzzle pieces in a bowl of uncooked rice or beans.



## First Dentist Visit

Start Young! Plan for taking your child to the dentist within 6 months of their first tooth showing, or by your child's first birthday.

It is a good idea to call ahead to your dentist and ask them what to expect during the visit. Then, play dentist at home by having your child recline on a chair or sofa and practice counting their teeth and brushing for them. Make it fun!

## Permanent or 'Adult' teeth

Around age 3 your child should have a full set of 20 baby teeth. As adult teeth push their way through, kids start losing teeth around age 6.

## Be a good example and take care of your own teeth:

- Limit sugary foods, pop, and juice
- Brush for two minutes, twice a day
- Floss daily
- Preventative dental cleaning/exams are typically covered by health insurance.



## Cavities & Decay

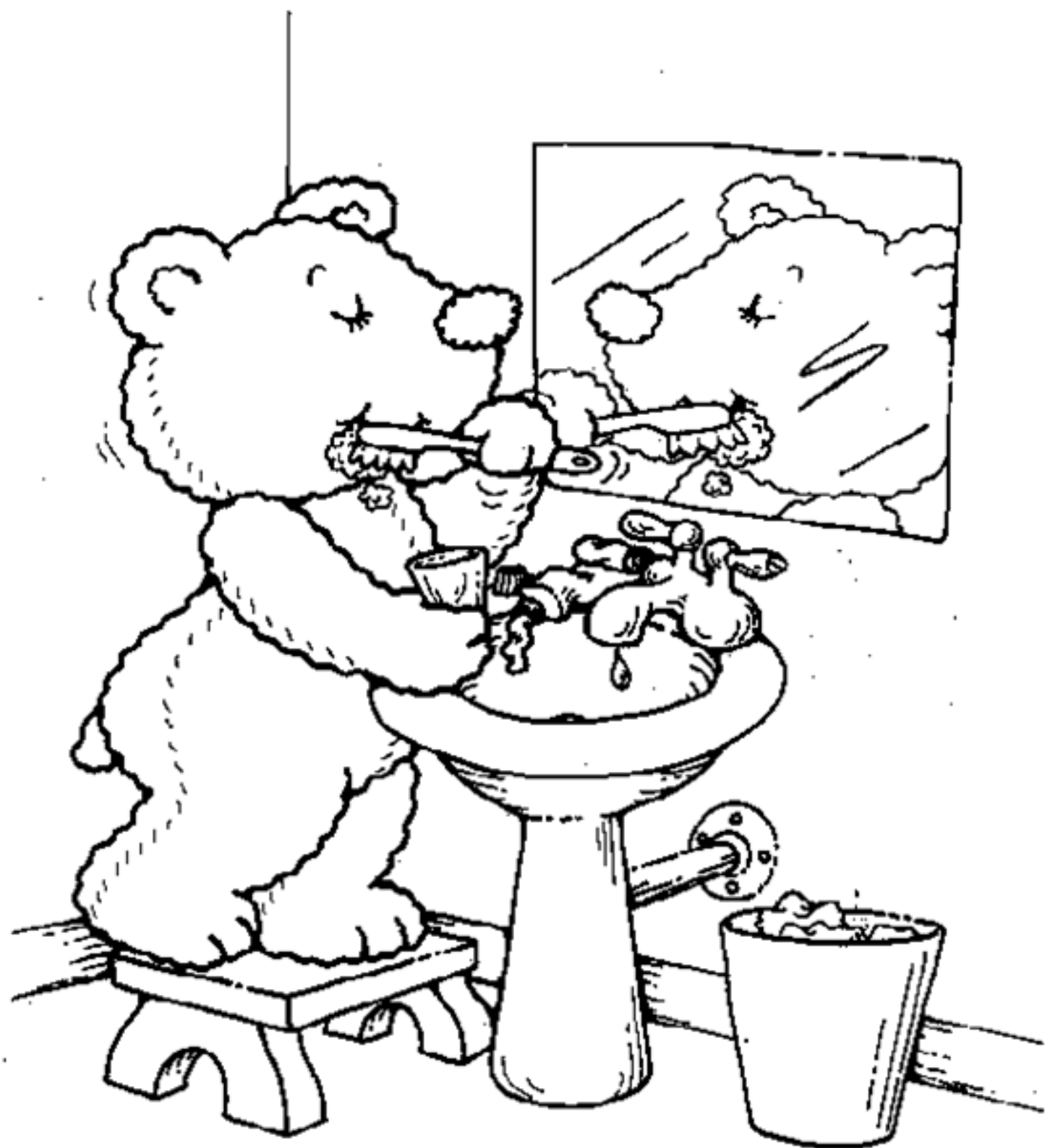
Not taking care of teeth can cause cavities. Cavities can be painful and, if left untreated, cause infections that may lead to problems with eating, speaking, playing, and learning.

Avoid putting your baby to bed with a bottle, as this can lead to baby bottle tooth decay.

## Breastfeeding & Dental Health

You don't have to stop breastfeeding when your baby gets teeth.

If you need a dental procedure that requires medication while nursing, check with your dentist, doctor, or lactation consultant to make sure it is safe for your baby. Lact Med is a helpful resource to check medications while breastfeeding.



**I CAN BRUSH MY TEETH!**

