



# The Truth Behind Teething

Babies generally begin to teethe around 6 months of age. By age 3, most children have their full set of 20 baby teeth.

As the teeth begin to show, it's normal for some babies to become sleepless, irritable, lose their appetite or drool more than usual. First 5 Sacramento recommends trying the following tips to make the teething experience easier for you and your baby:

- Gently rubbing your child's gum with a clean finger, a small, cool spoon or a wet gauze pad can be soothing
- A clean teething ring for your child to chew on may also help
- Check if your dentist or pediatrician recommends a pacifier



For more information on First 5 Sacramento:  
(916) 876-5865

or

[www.sackids.saccounty.net](http://www.sackids.saccounty.net)

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