



TEETHING IN CHILDREN - INFORMATION SHEET

How children may be affected by teething

Discomfort and Pain – Teething is often a painful process for infants and toddlers as their teeth begin to break through the gums. This discomfort can cause irritability, disrupted sleep, and changes in behaviour.

Increased Drooling – As teeth push through the gums, excess saliva production is common. This often leads to drooling, which can cause a rash around the mouth and chin.

Chewing and Biting – Teething children may chew or bite on objects, fingers, or toys to soothe their sore gums. This is a natural response to the pressure they are feeling.

Loss of Appetite – The discomfort from teething can make eating difficult for children. They may refuse food or drink because their gums are sore, which can result in changes in eating habits.

Disturbed Sleep – The pain from teething can affect a child's ability to sleep soundly, leading to frequent waking or difficulty falling asleep.

What Can We Do?

Provide Teething Toys – Offer teething rings, chilled (not frozen) teethingers, or soft toys that the child can safely chew on. This helps to relieve some of the discomfort they are feeling in their gums.



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Gentle Gum Massage – Gently massage the child's gums with a clean finger to provide relief. This can help ease some of the pressure and soothe the area.

Cold Foods or Drinks – For children who are able to eat solids, provide cool or chilled foods like applesauce, yogurt, or chilled fruit. Cold temperatures can numb the gums and relieve pain.

Pain Relief Options – If teething pain is particularly severe, consult with a paediatrician about over-the-counter pain relief options like infant teething gels or pain relievers. Always follow the recommended dosage and guidelines for age-appropriate medications.

Maintain Comfort and Reassurance – Comfort your child with extra cuddles, gentle rocking, or quiet time. The emotional reassurance helps them feel secure and calm during a time when they may be feeling irritable or unsettled.

What to Expect and How We Can Help

Irritability and Fussiness – It's normal for teething children to become more fussy or irritable due to the discomfort they're feeling. This can manifest as crying, tantrums, or a short temper. Offer reassurance and a comforting routine.

Increased Drooling – The child may drool more than usual as a result of the teething process. Keep a soft cloth or bib on hand to wipe away



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excess drool and prevent skin irritation. Regularly changing clothes or bibs can help keep them comfortable.

Changes in Appetite – A child may temporarily lose interest in eating solid foods, or they may want to nurse or bottle-feed more often for comfort. Offer softer foods or let the child feed at their own pace. Don't worry if eating habits change briefly during teething.

Sleep Disruptions – Teething can affect a child's sleep patterns. They may have trouble falling asleep or wake up more frequently during the night due to gum discomfort. Establish a calming bedtime routine, and offer extra comfort if they wake up.

How We Deal with Teething

Working with Parents – We encourage parents to communicate with us about how their child is coping with teething. This helps us to better understand the child's needs and adjust care routines accordingly. We can share any techniques or teething remedies that seem to help.

Monitoring Behaviour – Staff will monitor a teething child's behaviour closely, especially when they show signs of discomfort, irritability, or changes in eating and sleeping habits. We'll record any significant changes to ensure we are providing the best support.

Offer Comfort and Patience – In the nursery setting, we will provide extra comfort and patience to help the child through teething. We may offer



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additional comfort items or calm activities to help the child feel at ease during times of pain.

Recording the Incidents – Any significant issues with teething discomfort or behaviour will be documented in the Family App so that parents are aware of any changes in their child's behaviour while at nursery. This provides insight into their child's teething progress and helps both staff and parents track patterns of behaviour.

ABC Chart – If sleep disruptions or behavioural changes due to teething seem persistent, staff may introduce an **ABC (Antecedent, Behaviour, Consequence)** chart. This helps to identify triggers and patterns in the child's reactions, allowing us to offer more personalized support.

Conclusion

Teething is a normal and natural process that many children go through, but it can be uncomfortable and challenging for both children and their families. With understanding, patience, and appropriate care, we can help the child through this phase while ensuring they feel as comfortable as possible. Working closely with parents and caregivers, we aim to offer a consistent approach to support the child's needs during this time of growth and change.