



Nelsons® Teetha®

# Top teething tips



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# 1. Introduction

Nelsons® has a longstanding commitment to supplying the highest quality natural health care products and Nelsons® Teetha® is loved by parents across the world. Teetha® is the natural choice for parents and can help soothe your little one's ailments. Award winning Teetha® has created a guide to help reassure parents and tots alike through the teething process.



# 2. Teething timeline

Teething usually begins between the ages of four and nine months and most babies will cut their first tooth by one year, some babies cut their first tooth as early as three months whilst others may start teething as late as one year of age. It is not uncommon for the teething process to last for up to 18 months from beginning to end.



### Teething Begins:

This usually happens at around 6 months (this can start as early as 3 months or as late as one year.) Teething, unfortunately, can be a painful time for your baby and you might have to do a bit of comforting and deal with a lot of dribble because your baby's gums may be sore and red where his or her new teeth are coming out.

### The first teeth emerge:

The first teeth will probably be on the bottom in the middle of his or her mouth and can generally be both the lower central incisors.

### Say hello to the upper middle teeth:

At around 7 months (or between 6 to 8 months) the upper middle teeth (the upper central incisors) will emerge.

*Quick tip: Once your baby is more than six months, try giving your teething tot something yummy cool from the fridge to chew and suck on during their teething troubles such as a cucumber or carrot*

### Time for your toddler's molars:

At around 12 – 16 months your toddler will get his or her first molars. It is usual for molars on the bottom and top to appear at the same time



# 3. Symptoms of teething

## Drooling:

Teething stimulates the excessive production of saliva resulting in drooling.

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## Biting:

A teething baby is known to bite on anything he or she can get his or her gums around. The pressure experienced from biting is believed to help babies relieve the painful pressure on their gums. At the same time parents may find that their baby refuses to eat or only eats very little.

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## Irritability:

By comforting or playing with your baby you can sometimes distract them from the pain in their gums. Your baby may sometimes be feeling too irritable or restless to play, but if not, it can be a good way of getting them to concentrate on something other than their teething pain.

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## Sore Gums:

Your baby's gums are becoming increasingly sore and painful as the little teeth rise closer to the surface. Teething gums may be sore and red and you might even see little white dots or small openings where the next tooth is about to cut through (if your baby keeps its mouth open long enough for you to have a glimpse that is!) Your baby may be extra fussy when it cuts his or her first tooth and later when the molars come through due to their bigger size. Note: Sore gums may in severe cases cause fever and are even prone to bleed.

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## Sleeplessness:

The pain of teething is likely to have an effect on your baby's sleeping quality and pattern. Babies who suffer from teething pain are more likely to wake up at night when the pain becomes too much. Sleepless nights occur most often when your baby cuts his or her very first tooth and towards the end when the bigger molars come out.

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## Flushed cheeks:

The irritation of a new tooth coming through the gum can cause your baby's cheeks to appear rosy and possibly feel warm.

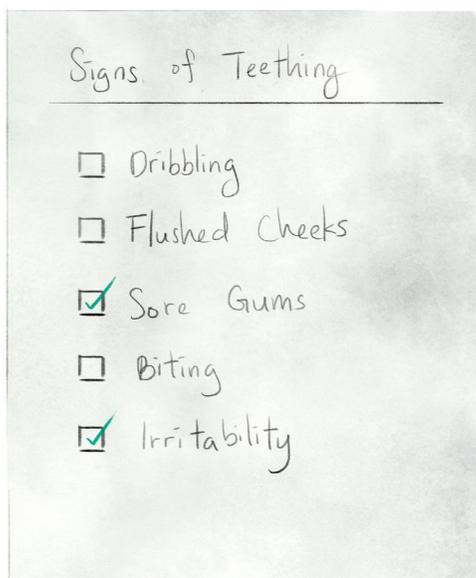
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# 4. Recognising the signs of teething:

*Teething can be a tricky time, particularly for first-time parents who may be unfamiliar with the symptoms. Run through our handy checklist to help recognise the signs:*

1. Run a clean finger gently around the inside of your baby's mouth, can you feel a tooth bud at the surface of the gum? Or can you see a tooth pushing through?
2. Does your baby have sore and tender gums and/or flushed cheeks?
3. Is your baby showing signs of excessive dribbling and an urge to chew or bite?
4. If your baby is experiencing diarrhoea or has a temperature or if you detect bleeding of the gums or if you are worried about your baby's symptoms consult your doctor.

*Fact: Did you know? Teeth start developing while the baby is still in the womb with tooth buds forming in the gums. Some babies are even born with teeth in their mouth!*



# 5. How can you help your teething baby?

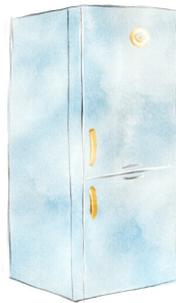
1.

Try putting your little one into a warm bath to help calm them down. After the bath give your baby a gently massage while rubbing baby oil on them.



2.

Keep teething toys in the fridge to help soothe gums. The coldness of the teething toy provides a numbing effect. You could also wet a clean washcloth and freeze it in a plastic bag to keep it clean



3.

Run a clean finger very gently over sore gums, the gentle pressure might help soothe the pain.



4.

Give them something to chew on: a clean teething ring or a teething toy that has been sterilised is ideal.



5.

Try offering the baby a cold bottle of water or milk. This can also help replenish their fluid levels when dribbling is excessive



6.

If the constant dribbling is causing sore skin, redness or a rash, try to keep the area dry and apply a barrier cream to protect and soothe the skin.



7. As the teething process can go on for up to 18 months, many parents favour products that are gentle - just like Nelsons Teetha®, the natural choice for mums.



# Nelsons® Teetha

## Nelsons® Teetha® Teething Granules

Nelsons® Teetha® Teething Granules are ideal to help soothe your little one while he or she is cutting new teeth. Nelsons® Teetha® Teething Granules are a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of teething pain and the symptoms associated with teething which are sore and tender gums, flushed cheeks and dribbling.

Filled into ready-dosed sachets, Nelsons® Teetha® Teething Granules allow for easy administration which is especially convenient when you are out and about

- Contains Chamomilla 6c.
- Always read the label.
- From 3 months +



## Nelsons® Teetha® Teething Gel

Nelsons® Teetha® Teething Gel is a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of teething pain and the symptoms associated with teething, which are sore and tender gums, flushed cheeks and dribbling. Suitable for babies from 3 months plus. This handy gel format is sugar free and easy to apply when you're on-the-go.

- Contains Chamomilla 12c,
- Belladonna 12c and Aconite 12c
- Always read the label.



## 6. FAQs:

**Q: Do Nelsons Teetha® Teething Granules contain sugar?**

A: Although Teetha® Teething Granules do not contain ordinary table sugar (sucrose) they contain lactose which is a type of sugar that occurs naturally in milk.

**Q: Can I use Nelsons Teetha® if my baby has a lactose intolerance?**

A: Teetha® Granules contain lactose and should not be given to babies who are lactose intolerant. If you are in any doubt, please consult your doctor.

**Q: Is it possible to add Teetha® to a milk formula? (E.g. in the evening before bedtime)**

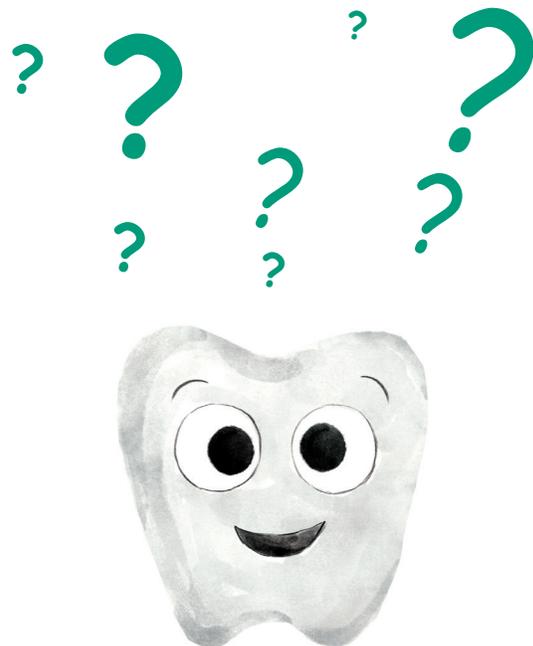
A: Although it may appear that the granules dissolve in milk they do not fully disperse therefore we do not recommend that you dissolve the granules and they should be used as directed on the packaging.

**Q: Can you use both Nelsons Teetha® Granules and Gel together?**

A: A combination can be used, however do not exceed the maximum dose of 6 times a day every 4 hours for the combined products.

**Q: Can I use Nelsons Teetha® Teething Gel if my baby has a lactose intolerance?**

A: Nelsons Teetha® Teething Gel does not contain any lactose or other sugars and be used, however if you have any concerns about the suitability of the product for your child please consult your pharmacist or doctor.



# 7. Nutritionist Nicola's top tips:

1. Keeping a selection of teething rings in the freezer can be helpful as the cooling effect can really help relieve a baby's hot and sore gums. When you are out and about, having a few frozen teething rings handy in a mini coldbag can be very useful. I often applied the Teetha® Gel onto the teething rings also as an easy way to apply it. Also saves parent's finger being bitten!
2. I always keep Teetha® Gel in the fridge as it has the extra soothing action of cooling the angry gums as well as calming baby and reducing dribbling.
3. Most parents don't want to rely too heavily on pain relief medication when their baby is teething, especially if they start teething at a very young age. Teetha® granules and gel can be used from 3 months onwards and I found that they can really calm baby down and reduce reliance on any pain relieving medication.
4. Most parents don't want to rely too heavily on pain relief medication when their baby is teething, especially if they start teething at a very young age. Teetha® granules and gel can be used from 3 months onwards and I found that they can really calm baby down and reduce reliance on any pain relieving medication.
5. Sometimes parents find it difficult to tip the granules into the mouth of a very fractious baby so using their feeding spoon or applying it onto their dodie can be much easier. A clean finger can be another easy way to administer the granules, especially when they are younger.
6. For a baby who has been waking up during the night with the teething terrors, giving them some Teetha® immediately before bed can have a very calming and soothing effect, leading to a more restful sleep.
7. Remember baby is losing fluid if they are dribbling a lot while teething so make sure you keep them well hydrated.
8. For Mum's who are still breast feeding while their baby is teething, it can be a risky business as baby sometimes cannot resist the urge to bite! It can be a good idea to give baby a dose of Teetha® before a feed to calm baby and reduce the likelihood of this happening. I sometimes applied a little gel onto the breast if I didn't get a chance to give baby the granules in advance.

# How to care for that first tooth:

When the first tooth does eventually cut through the gum there will also be the added worry of how to care for the new tooth! So how do you look after a new tooth whilst your baby is still teething?

## The makers of Nelsons Teetha® Teething Granules have put together top tips for tooth care:

- You can start brushing your baby's teeth as soon as they come through. Don't worry if you don't manage to brush much at first, the important thing is to get your baby used to brushing their teeth as part of their daily routine.
- You can help by setting a good example and letting them see you brushing your own teeth. Not all children like having their teeth brushed, so you may have to keep trying. You could try and make it into a game. Perseverance is the key!
- Use a tiny smear of toothpaste for babies and toddlers up to age three, and a pea-sized amount for children aged three to six years. The easiest way to brush a baby's teeth is to sit them on your knee with their head resting against your chest. With an older child, stand behind them and tilt their head upwards.
- Brush the teeth in small circles covering all the surfaces and let your child spit the toothpaste out afterwards. Rinsing with water has been found to reduce the benefit of fluoride.
- Gradually start brushing your child's teeth more thoroughly, covering all the surfaces of the teeth. Do it at least twice a day: just before bed and at another time that fits in with your routine.
- Supervise brushing to make sure your child gets the right amount of toothpaste and they are not eating or licking toothpaste from the tube.
- Carry on helping your child brush their teeth until you're sure they can do it well enough themselves. This will normally be from the age of seven.

*Remember there is no set date for when your baby's first tooth will arrive. Most babies start at around six months, but it can happen at any time, from before birth to after their first birthday.*



# Teetha® treats:

*Teething can be a hard time for your little one, delicious and easy to prepare Teetha® Treat recipes are designed to help relieve those sore gums*

## Teetha® Teething Biscuits

### Ingredients:

- 2 cups of oats (dry)
- 1 medium banana
- 2 tablespoons of coconut oil
- Add ¼ teaspoon of vanilla extract, if your little one likes a little more flavour to their treats

### Method:

1. Pop the oats into a blender until you have a fine powder.
2. Add the banana and coconut oil and puree until the mixture becomes like dough.
3. Roll the dough out, cut into 12 little rectangles – make them long and thin so your little one can get hold them easily!
4. Bake the biscuits at 350 degrees for 10 minutes then turn them for another 5-10 minutes so that the edges turn golden, but are not too crunchy.
5. Pop them in an airtight container and keep them in the fridge or freezer for the next time an unexpected tooth pops through.



# Teetha<sup>®</sup> treats:

## Baby-friendly hummus & frozen cucumber sticks

### Ingredients:

- 1 cup of cooked chickpeas
- ¼ clove of garlic (we don't want to overpower your little one's taste buds!)
- 2 tablespoons of olive oil
- 1 teaspoon of lemon juice
- 1 Cucumber

### Method:

1. Place all the ingredients into a blender until smooth - you may have to scrape the hummus back down from the sides and repeat until you have blended everything.
2. Add the olive oil and give it one last spin before transferring to a bowl to be stored in the fridge overnight.
3. Cut the cucumber into small strips and place in a zip lock bag and freeze overnight before giving to your teething tot to nibble on!



# Teetha<sup>®</sup> treats:



## 3-step Avocado & Pear Ice Lollies

### Ingredients:

- 2 Avocados
- 2 x Pears

### Method:

1. Remove the skin from the Avocado & Pears.
2. Chop & blend creating a smooth puree.
3. Fill the ice lolly moulds with the puree and freeze.



Join our private Parents & Teething Tots Facebook group

