

Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



Teething

Teething sucks. It is horrible watching our kids suffer. Every kid responds to teething differently, and the same child responds to each tooth coming through differently. Here are some ideas on how to keep our children as comfortable as possible.

WE DO NOT RECOMMEND BABY ORAJEL (EXCEPT THE NATURALS) OR ANBESOL. WE DO NOT RECOMMEND HYLAND'S and HUMPHREY'S TEETHING TABLETS OR TEETHING GEL. These products contain Belladonna, a plant whose leaves and berries are toxic. The FDA has previously recalled Hyland's products due to the Belladonna. Earth's Best also makes a teething gel, but it contains alcohol and sodium benzoate as a preservative. Please read labels!

- *Teething rings*-especially the ones kept in the refrigerator.
- *Small white hand towels*-wash and dry them the same way you do the child's clothing. When they are dry, put them in the refrigerator, and when they get cold let the child chew on them. Several children like to chew on fabrics, so this may be very helpful. Buy a set of 3-4, so one can be in the child's mouth, one in the fridge, and one in the laundry, etc.
- *Fresh Food Feeders*: You can put pieces of fruit straight out of the refrigerator. You can buy them at local baby stores like Babies R Us and Buy Buy Baby.



- Baby Orajel Naturals gel is also a safe product to help with teething. It can be applied to the gums up to 6 times/day. We do not recommend the tablets.



- *Camilia Teething Remedy*: Natural homeopathic chamomile. Comes as single dose vials that the child drinks. Natural calming and anti-inflammatory effects.



- When all else fails-*Ibuprofen* (Motrin, Advil or generic forms) or *Acetaminophen* (Tylenol or generic forms) may be the only option. Ibuprofen tends to work better for teething pain since it last longer and an anti-inflammatory effects that Acetaminophen does not possess. However, Ibuprofen cannot be used on children less than 6 months of age. See dosing chart.

All products available at: Franwin Pharmacy 127 Mineola Blvd. Mineola, NY 11501

Ph: 516-746-4720

Hours: M-F 9-7 Sa 9-3