

# Teething Survival Kit

What Every Parent Should Know



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[www.mirjanadentalguide.com](http://www.mirjanadentalguide.com)

**Need gentle relief tips?  
Download your free Teething Survival Kit  
today!**

# When Do Baby Teeth Start Coming In?

*Understanding your baby's teething timeline*



Most babies get their first tooth around **6 months**, but it's perfectly normal for teething to begin anytime between **4 and 12 months**. Every child is unique—some are early sprouters, some late bloomers!



**6–10 months:** Lower central incisors



**8–12 months:** Upper central incisors



**9–13 months:** Upper lateral incisors



**10–16 months:** Lower lateral incisors



**13–19 months:** First molars



**16–22 months:** Canines (cuspids)

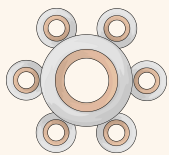


**23–33 months:** Second molars

You may notice teething symptoms weeks before a tooth actually breaks through!

# Gentle Teething Remedies That Actually Work

*Safe, soothing methods for your little one's sore gums*



## **Refrigerated teething rings**

Cool, not frozen – perfect for inflamed gums



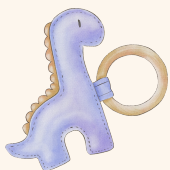
## **Clean finger massage or damp gauze**

Gentle pressure calms irritation



## **Cold fruit purée or yogurt**

Tasty and soothing at once!



## **Silicone or wooden BPA-free toys**

Soft, chewable, and safe to bite



## **Cuddles + distraction**

Your love is the most powerful remedy

Remember: You don't need special products to help your teething baby— simple, natural comfort works best.

# What Not to Do When Your Baby Is Teething

*Common mistakes & outdated remedies to avoid*



## **Rubbing alcohol on gums**

Not safe, not effective, and definitely not recommended!



## **Using numbing gels (benzocaine/lidocaine)**

Only use if prescribed by your pediatric dentist—some can be dangerous!



## **Giving hard food or objects to chew**

Breadsticks, cookies, or frozen items can cause injury.



## **Forcing a baby to eat**

Appetite often drops during teething—don't stress it.



## **Amber necklaces or anything around the neck**

Choking hazard – never recommended!



**Your baby doesn't need extreme solutions—**  
just your calm presence and simple, safe comfort.

# My Baby's Teething Timeline

*A printable tracker for every tiny tooth*

Use this printable tracker to follow your baby's teething journey.

Record when each tooth erupts, how your baby reacted, and which remedies worked best!



Age Range	Teeth	Date	Notes
4-6 months	Lower central incisors		
7-9 months	Upper central incisors		
10-12 months	Upper/lower lateral incisors		
13-16 months	First molars		
17-20 months	Canines (cuspids)		
21-33 months	Second molars		

My baby's favorite teething remedy: \_\_\_\_\_

Special notes: \_\_\_\_\_

