

Teetha®



THE TEETHING GUIDE

BROUGHT TO YOU BY TEETHA®



We at Teetha® know that teething can be a difficult time for parents as well as little ones! We wanted to share with you some of our insights we have collected over the years to help make the teething process a little bit easier on you and your little bundle. In this e-book you will find lots of tips, information and delicious recipes to help your little teether through their teething journey!

Trusted by parents for over 35 years, Teetha® is the natural choice for parents and can help soothe teething symptoms. We hope you find this e-book helpful and make sure to follow us on social for more teething tips!

Team Teetha®

Teetha® Teething Granules and Teetha® Teething Gel are homeopathic medicinal products 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.

For oral use. For babies from 3 months old. Always read the label.



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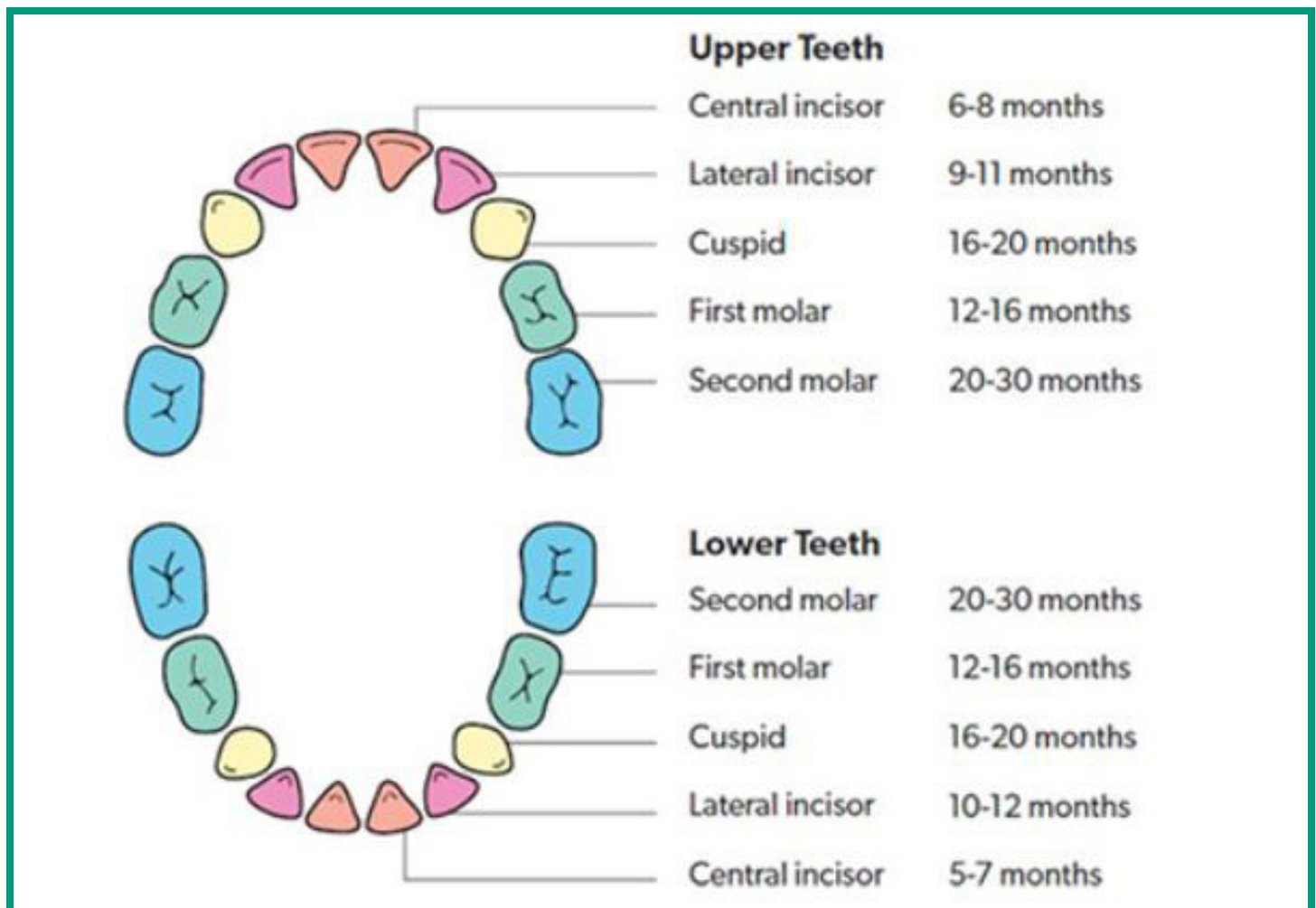


Teetha®

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. The timing varies from child to child, but you should see the first two bottom teeth (the lower central incisors) starting to emerge at around 6 months of age. Sometimes baby teeth appear earlier or later than shown here, but most children will have a full set of 20 milk teeth by their third birthday.



THE TEETHING TYRANTS



Gummy Gargal causes our heroes gums to become 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. With Gummy Gargal around your baby may be extra fussy when cutting his or her first tooth and later when the molars come through due to their bigger size. Run a clean finger very gently over sore gums, the gentle pressure might help soothe the pain.



Flushed Cheeks Flashlee causes the teething heroes to have rosy and sometimes warm cheeks from the irritation they feel from a new tooth appearing. Keep teething toys in the fridge to help soothe gums as 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 help calm down Flushed Cheeks Flashlee.



When Biting Bammy appears, you will notice your teething hero biting on anything they can get their gums around! The pressure experienced from biting is believed to help babies relieve the painful pressure on their gums. Help your hero overcome Bammy by rubbing Teetha® Gel onto the gums with a clean finger and letting your hero have a sterilized teething ring.

THE TEETHING TYRANTS



The pain of teething is likely to have an effect on your baby's sleeping quality and pattern. Sleepy Salatron can cause our heroes suffering from teething pain to wake up at night when the pain becomes too much. These sleepless nights occur most often when your hero cuts his or her very first tooth and towards the end of the process when the bigger molars come out. Send Salatron back to the land of nod by giving your baby a relaxing massage and a sachet of Teetha® Granules.

Irritable Irk will leave your little hero feeling very cranky and restless. Try playing with them and offering some comfort to try and distract them from their teething pain.

Distraction is a great defence against Irk! Try to show your little one various things around the house or garden to take their minds off things and don't forget lots of cuddles!



The Dribbler appears as a result of teething stimulating the excessive production of saliva resulting in drooling. When the Dribbler is about, offer your little hero a cold bottle of water or milk. This can also help replenish their fluid levels when dribbling is excessive. If the Dribbler 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.

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!

Signs of Teething

- Dribbling
- Flushed Cheeks
- Sore Gums
- Biting
- Irritability



HOW CAN YOU HELP YOUR TEETHER?

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



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 bag to keep it clean.



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



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



If your child is weaned, you can try giving chilled fruit or vegetables (such as cucumber or carrot) to bite on (always supervise your child).



If 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.



NUTRITIONIST NICOLA'S TOP TIPS



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 freezable bag can be very useful. I often applied the Teetha[®] Gel onto the teething rings as an easy way to apply it. Also saves parent's finger being bitten!



I always keep Teetha[®] Gel in the fridge as it has the extra soothing action of cooling the angry gums as well as helping to calm baby and reduce dribbling.



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.



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.



For a baby who has been waking up during the night from the teething tyrants' antics, giving them some Teetha[®] immediately before bed can have a very calming and soothing effect, leading to a more restful sleep.



For Mums who are still breastfeeding 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.

FIRST TOOTH



The HSE advise that you start taking care of your baby's mouth from birth.

Before teeth appear, clean your child's gums twice a day with a clean soft wash cloth or gauze.

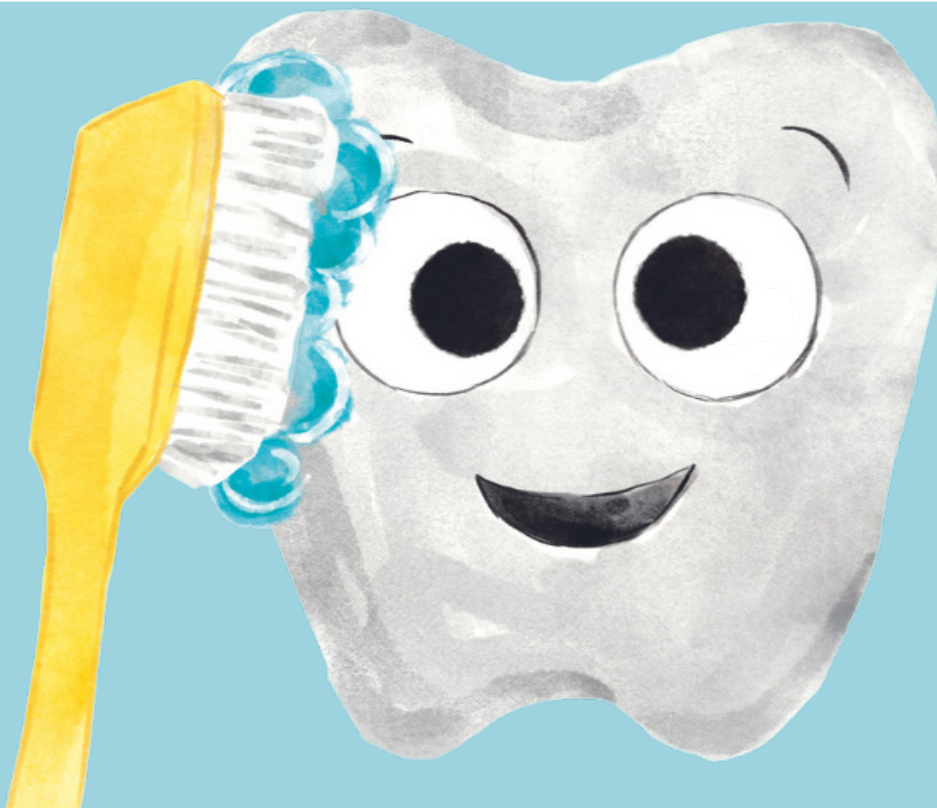
As soon as the first tooth appears, introduce gentle toothbrushing twice a day. Use water and a small, soft toothbrush. Do not use toothpaste at this age.

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.

Not all children like having their teeth brushed, so you may have to keep trying. Make it into a game, sing a song or brush your own teeth at the same time as an example, and then help your child finish their own.

After 6 months, continue mouth and teeth cleaning every day, at bedtime and one other time. The night time brushing is the most important, as food left on the teeth overnight can lead to decay.

Bring your child for a visit to their dentist on a regular basis. Dental check-ups can help to prevent any dental problems that may arise.



RECIPES



There are a number of foods you can give to your baby to help soothe teething pains, and which also double up as tasty treats for all the family. Try out some of our favourite recipes below, and let us know how they helped!

Please note that while teething biscuits can help your baby deal with the pain, they can present a possible choking hazard.



Teetha®

Homemade teething cookies

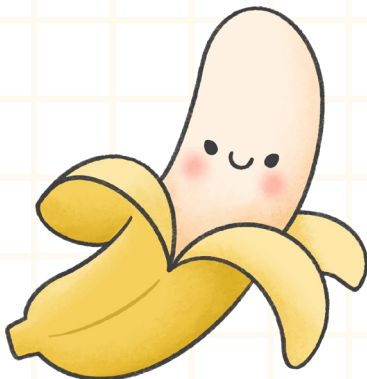


Ingredients:

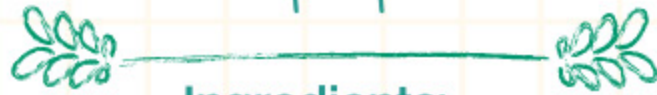
- 2 cups of quick oats
- 2 cups of ground oats
- 1/2 teaspoon of salt
- 1/2 teaspoon of ginger
- 1/2 teaspoon of nutmeg
- 2 teaspoons of baking powder
- 2 cups of crushed bananas
- 2 teaspoons of vanilla extract
- 6 tablespoons of olive oil

How to make them:

- Mix the ingredients and mould into individual cookies.
- Place onto parchment paper and bake for 15 minutes min at 170 degrees Celsius.



Peach popsicles



Ingredients:

- 2 chopped fresh peaches
- 1 cup of natural yoghurt
- 1 ripe banana



How to make them:

- Use a blender or food processor to mix together until smooth.
- Freeze until firm.

Traffic light popsicles



Ingredients:

- 5oz kiwi, peeled
- 6oz pineapple, peeled
- 6oz fresh strawberry



How to make them:

- Puree each fruit separately in the blender and keep separate
- Then, equally fill four small 5 oz cups with the kiwi puree and freeze
- Add the pineapple puree and freeze for 15 minutes
- Add strawberry puree and freeze overnight
- Insert sticks and freeze at least 2 hours

Teething cereal cookies

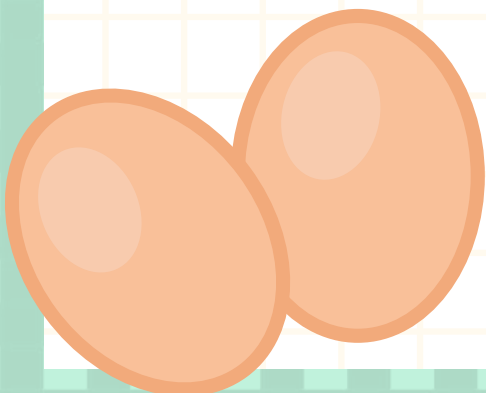


Ingredients:

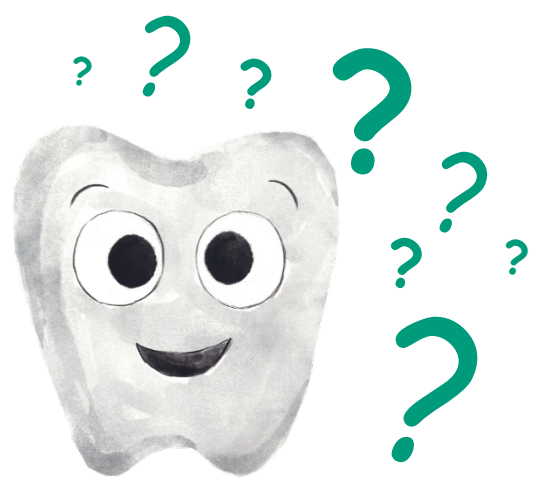
- 4 tablespoons of shortening
- 1 cup of sugar
- 2 eggs
- 2 teaspoons of baking powder
- 1/2 teaspoon of salt
- 3 teaspoons of vanilla
- 2 teaspoons of water
- 3 cups of rice baby cereal

How to make them:

- Preheat your oven to 300 degrees
- Cream the sugar and shortening
- Mix the eggs, salt, vanilla, baking powder and water until even
- Slowly mix in the cereal and then rub the mixture until even
- Fold it into individual cookies with smooth edges
- Put it on an ungreased sheet and then bake for 25 minutes



FAQS



Q. Do Nelsons® Teetha® Teething Granules contain sugar?

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

Q. Can I give Teetha® if my child is lactose intolerant?

A: The Teetha® Teething Granules do contain lactose and should not be given to babies who are lactose intolerant. Teetha® Teething Gel does not contain lactose.

Q. Is Teetha suitable for newborns?

A: Both the Teetha® Teething Granules and the Teetha® Teething Gel are suitable from 3 months old.

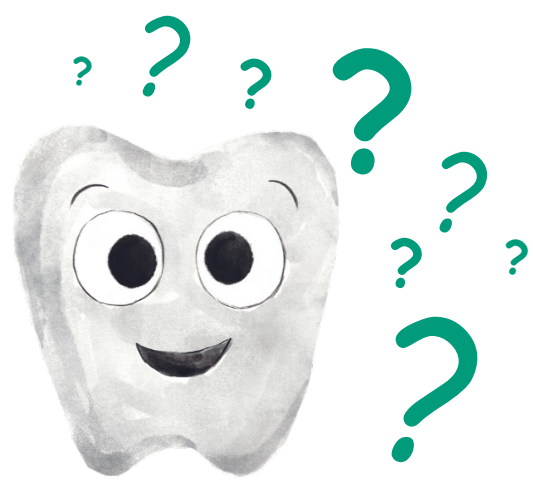
Q. Can you use the granules and gel together?

A: Provided the baby is over 3 months, a combination can be used. Always follow the instructions on both packs.

Q. Are any of the ingredients in Teetha® derived from animals?

A: Teetha® Teething Granules contain lactose, which is derived from milk.

FAQS



Q. What active ingredients are in Teetha®?

A: Teetha® Teething Granules contain Chamomilla 6c. Teetha® Teething Gel contains Chamomilla 12c, Belladonna 12c and Aconite 12c.

Q. How much Teetha® Gel should I use?

A: With a clean finger apply a pea sized amount of the gel to the sore area on the baby's gums and teeth. Use every 4 hours for up to 6 times per day for a maximum of 7 days.

Q. How many sachets of Teetha® can I use?

A: Do not exceed one sachet every 2 hours for a maximum of 6 doses during any 24-hour period. Do not use for more than 7 consecutive days.

Q. When do babies start teething?

A: Babies tend to start showing signs of teething at around the 3-4 month mark, with teeth finally popping through at about 6 months.

Q. What helps baby teething pain?

A: Teetha® Teething Granules and Teetha® Teething Gel are homeopathic medicinal products 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.



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