



## **Sweet Dreams for LITTLE SMILES: Methods to Make Your teething Infant Sleep better**

The journey of parenting is full of joy and cherished moments, but teething can bring its fair share of challenges. This is especially true when it comes to getting your little one to sleep. Those aching gums can turn bedtime into a nightly struggle for both you and your teething baby. So, what can you do to help?

### **1. SOOTHE THEIR GUMS WITH COLD.**

You can provide relief to your teething baby by offering chilled teething toys or iced food. The coolness helps soothe sore gums, offering comfort during bedtime fussiness hours. Ensure the toys are designed for teething and are safe for your baby to chew on.

If offering food to babies to chew on, make sure it's in something they can't choke on. Older children may be able to handle treats like frozen bananas or chilled melon.

### **2. KEEP UP YOUR SPIRITS**

Keep your thoughts and actions positive throughout the experience. This can be difficult, but practicing positivity can help keep your child calm, even when they don't feel like it. Reading stories, helping them care for their teeth and gums and keeping their sleep schedule regular, does wonders.

### **3. DON'T USE NUMBING GELS**

It may be tempting to use an oral gel like you would for a toothache, but you shouldn't. These gels have chemicals in them like benzocaine that can be seriously harmful to children which significantly reduces the ability of red blood cells to carry oxygen. Resulting in skin turning to blue, fatigue, shortness of breath.

### **4. ASK YOUR DENTIST ABOUT OVER-THE-COUNTER PAIN MEDICINE**

Some pain medications such as ibuprofen could be an effective means to lessen your teething baby's discomfort. However, great care should be taken to ensure that your child can take the medicine and that you're giving the correct amount.

**Your Saraswati Dental College team is here to help !**

We are proud of to be well-known pediatric dental experts in **Saraswati Dental College and Hospital**. We are here to help you and your child adjust to their new world of dental visits in any way that we can. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions. We would like to help you for betterment of your future.