



National Center on  
Health, Behavioral Health, and Safety

Resources  
to make you  
**Smile!**



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## Soothing Baby's Teething Pain

Welcome to Resources to Make You Smile! This monthly newsletter features information and tools Head Start staff can use to help families promote good oral health. These tips help Head Start staff support families, expectant parents, and children. The newsletter also includes a recipe for a healthy snack that children can make in a Head Start classroom or at home with their families.

### Teething Pain



Most babies begin teething around age 6 months, but it can start any time between 3 and 12 months. Teething happens when a baby's primary teeth push through the gums into the baby's mouth. Babies may become uncomfortable and feel pain as the primary teeth come in. When this happens, they might be cranky, drool more, have red and swollen spots on their gums, and chew on things more frequently.

Teething can be a difficult time for parents, too. They may experience sleepless nights trying to soothe their baby and feel helpless that they can't help relieve their baby's pain. Early Head Start staff can offer tips to help parents comfort their baby who has teething pain.

## Resources for Staff

### [Easing Baby's Teeth Pain](#)

Find tips that Early Head Start staff can share with parents to understand what to do if their baby is teething and help ease baby's pain. This tip sheet is part of the [Brush Up on Oral Health](#) series that offers up-to-date tips to promote good oral health, including ways to comfort a baby who is teething.

## Resources for Parents

### [Helping Your Baby with Teething Pain](#)

Review this handout with parents to learn simple ways to help prevent and reduce teething pain. The handout is part of the [Healthy Habits for Happy Smiles](#) series for expectant families, and parents of infants and young children that provides tips on oral health issues.

### [Teething](#)

Show this webpage to parents to discover the usual order of when primary teeth come in, recognize the signs of teething, and explore ways to safely soothe a teething baby. The webpage is part of [MouthHealthy.org](#), developed by the American Dental Association to provide information about taking good care of the mouth.

### [Teething and Tooth Care](#)

Share these articles to help parents learn how to ease teething pain for their baby and why it's important to keep primary teeth healthy. The articles are part of [HealthyChildren.org](#), the American Academy of Pediatrics' website that offers information and guidance on child health and parenting issues.

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## Cook's Corner Recipe: Applesauce

### Ingredients

6 apples, peeled and cut into 1-inch cubes  
¼ cup water  
½ teaspoon cinnamon



### Directions

1. Put the apples in a microwave-safe bowl.
2. Add the water.
3. Cover the bowl and microwave on high for 15 minutes.
4. Stir the apples.

5. Remove cover and microwave on high until the apples are very tender, about 5 minutes.
6. Crush the apples with a fork or potato masher.
7. Add the cinnamon and stir into the apple mixture.

**Makes 10–12 servings**

**Safety tip:** To prevent injuries, an adult should slice ingredients.

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## Stay Connected!

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics. Members of the **Health, Safety, and Wellness** community are networking, sharing, and learning from each other. Find it under "All Communities" and select the blue "Join" button.

Please share this issue with others who may be interested.

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## We Want to Hear from You!

Send your questions or comments to the National Center on Health, Behavioral Health, and Safety at [health@ecetta.info](mailto:health@ecetta.info) or (toll-free) 888-227-5125.

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