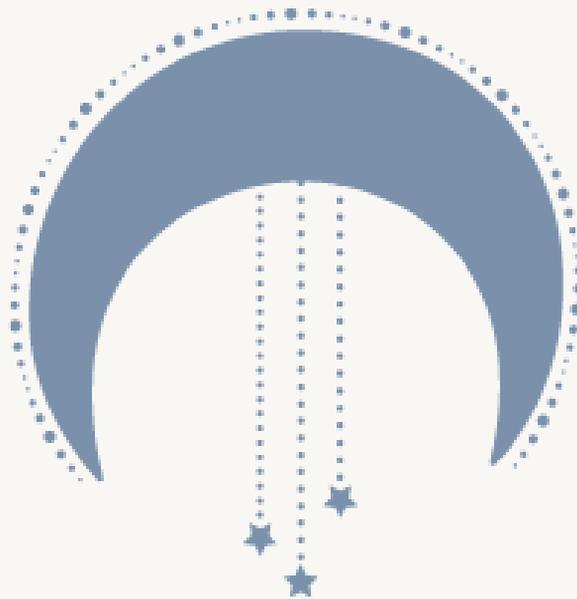


Guide to Teething and Sleep

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NEST AND NOD

INFANT AND TODDLER SLEEP COACH

Teething baby?

Around 4-5 months old your child may start showing signs that a tooth is going to erupt. This can happen as early as 3 months and stop when your child is around 3 years old or all of their baby teeth are in.

Teething can certainly cause discomfort in babies. Some more than others!

Knowing what to expect can help you stick to your sleep routine and experience the least amount of disruption.

How to know if it's teething

Typical teething signs include: unusual fussiness, red or swollen gums, a white "bud" on the gums, excessive drooling, and constantly putting their little hands in their mouth. Here are some other signs to look out for:

- Biting
- Refusal to eat or nurse
- Diarrhea
- Rash around the mouth or chin

A fever or pulling at the ears is not indicative of teething. You could be missing something more serious, like an ear infection, and you should talk to your pediatrician.

Teething pain

The pain from teething usually only last around 24 hours and is at it's worst when you can see/feel the tooth erupting (white bud.)

During this time you can use simple pain management techniques to help ease the discomfort such as:

- gum massage
- cold teethers
- frozen washcloth
- pacifier use

You might also consider an over the counter pain medication. Talk to your pediatrician about the recommended dosage. It's best to give this 45min - 1hr prior to bed.

Teething and sleep

If your child has already mastered the skill of independent sleep, the disruption from teething should be minimal. However, if your child already has trouble with falling asleep or staying asleep, teething might exacerbate this.

The best thing to do if you are just trying to survive the night with a teething baby is to give a little extra comfort such as rocking or feeding but ultimately try to get them to fall asleep independently.

Additional notes

Foregoing sleep training will actually make it more difficult for your child to fall asleep.

It's important for your child to sleep well even through teething especially since they will be continually getting new teeth for up to 3 years.

If you pause or put off teaching independent sleep due to teething, they may never master this skill.

If your child is already sleeping well, try to stay as consistent as possible with your current routines.



Let's Connect

Need a little more help?
Let's schedule a consult
call to discuss your needs
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