

Teething

Teething occurs when teeth begin to break through the gums of a baby or child. This often starts when a baby is 6 to 8 months old, but can begin as early as 3 months.

Signs of Teething

- Drooling
- Swollen or sore gums
- Trouble sleeping
- Not eating
- Biting objects

Teething can be painful for some children. For others it is not. Discomfort comes from pressure of the tooth on the skin of the gums.

Your Child's Care

Here are some ways to comfort your baby and ease his or her pain:

- Gently rub the gums with a cool, damp washcloth.
- Give your baby something safe to chew on, such as rubber teething rings.
- Rub your baby's gums with a clean finger.
- Wipe your baby's face often and keep it dry to prevent rashes.
- Children's Tylenol or teething medicines can help, but check with your child's doctor first.

Keep your baby's mouth and gums clean even if your baby does not have teeth.

生歯

歯が、乳児または幼児の歯茎から出る時に、生歯は起こります。多くの場合6ヶ月～8ヶ月の乳児に見られますが、早ければ3ヶ月で始まる事もあります。

生歯の兆候

- よだれが出る
- 歯茎の腫れ、または痛み
- 眠れない
- 食欲不振
- 物を噛む

生歯は、他の子ども達にとって不快なものでもなく、一部の子ども達にとって不快なものです。不快感は、歯茎の皮膚に歯の圧力がかかることから起きます。

子どものケア

赤ちゃんを落ち着かせ痛みを和らげるために、以下のような方法があります。

- 冷たく湿らせたタオルで、歯茎を優しく拭いてあげます。
- しゃぶっても安全な、歯固めなどを与えて下さい。
- 清潔な手指で、歯茎をこすってください。
- 赤ちゃんの顔をまめに拭いて、発疹を予防するために乾いた状態を保ってください。
- 小児用タイレノールまたは乳歯発生薬は有効ですが、使用前にかかり付けの医師の指示を仰いで下さい。

歯が出ていなくても、口と歯茎をきれいにしてください。

Here are some ways to care for your child's gums and teeth.

- After each meal, wipe your baby's gums with a washcloth.
- Do not put your baby to bed with a bottle of milk or juice. This can cause tooth decay.
- Use a soft bristle toothbrush to clean gums and new teeth.
- Clean your child's gums and teeth at least two times each day.

Talk to your child's doctor before you start using toothpaste on your child's teeth. Children should not swallow toothpaste. Too much fluoride can be harmful.

Call your child's doctor if your child:

- Has a fever or other illness. Teething does not cause an illness.
- Loses a tooth due to an injury.

Talk to your doctor or nurse if you have any questions or concerns.

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乳幼児の歯茎と歯のケアの方法をいくつか、以下に挙げます。

- 毎食後、赤ちゃんの歯茎をタオルで拭いて下さい。
- ミルク、またはジュースを飲ませながら赤ちゃんを寝かしつけるのはやめましょう。虫歯の原因になります。
- 柔らかい毛の歯ブラシを使って、歯茎と新しい歯を清潔にしましょう。
- 毎日、少なくとも2回は、歯茎と歯を磨いてあげて下さい。

歯磨き粉の使用を開始する場合は、前もって医師に相談すると良いでしょう。歯磨き粉を飲み込まないように注意して下さい。フッ化物の多いものは人体に有害です。

以下のような場合は、医師に連絡して下さい。

- 発熱、または何らかの病気にかかった場合。生歯が原因で病を引き起こすことはありません。
- ケガにより歯が抜けた場合。

質問や不明な事項については、貴方の医師または看護師にご相談ください。

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Teething. Japanese