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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Mommy & Baby: Teething & Weaning**

**By Kirsten Hawkins**

These are two topics that strike fear in the hearts of all parents: what will happen when my baby starts teething? How will he respond when it's time to wean him (from the breast)?

**Teething**

Teething is not a disease, but a condition of growth. It shouldn't be dreaded, but simply seen as an accomplishment of a healthy, growing child. Most babies begin teething between 6–8 months of age, but as in all children, it may vary wildly. Some babies are known to teethe as early as 2 months or as late as 14 months. Pediatric dentists agree that the longer it takes a baby to teethe, the stronger and healthier the teeth are. Additionally, the later the teeth take to arrive, the later they will fall out and be replaced by permanent teeth.

Teething should not affect nursing in any way, unless your baby begins chomping down on your nipple. While this is painful and one's natural response would be to yelp, if you can stay calm and remove him from your breast while saying, "No, no!" you will have a much better response and less biting later on.

Some babies will experience fussiness, irritability, increased salivation, and a slightly raised temperature as they teethe. A proactive dose of infant Tylenol will help greatly, especially before bedtime.

**Weaning**

Weaning is defined by the process in which parents offer food supplements in place of or in addition to mother's milk. This process begins the moment parents offer a bottle of formula or when their baby first tastes cereal. It is a gradual process.

When weaning from breastfeeding, it's typically easier to drop the late–afternoon feeding first. Replace each feeding dropped with six to eight ounces of formula or milk, depending on the baby's age.

Weaning from the bottle typically begins with your baby's arrival at his first birthday. Again, it is a gradual process. Most moms wean straight to a sippy cup with great success. As you replace each bottle (one at a time, though) with a sippy full of milk, be patient. It will take time for your child to catch on to drinking from one of these cups, and you don't want to unduly frustrate him in the process.

Kirsten Hawkins is a baby and parenting expert specializing new mothers and single parent issues. Visit

<http://www.babyhelp411.com/>

for more information on how to raising healthy, happy children.

### **Teething Without Biting Your Nails**

**By Sarah Veda**

For some babies, teething is a simple affair, with few noticeable side effects. For others, it takes months of pain and anguish to get those first teeth to pop in. Here is some information to help you get through the teething stage, without spending too much time biting your nails.

When will it happen? Well, that largely depends on when it happened for you and your husband. The timing of the appearance of that first tooth is largely hereditary. The average age is about seven months, though the first tooth can appear as early as three months, or as late as after the first birthday. However, teething symptoms can begin two or three months before the appearance of the tooth, so your child can seem to be teething for months on end. For many children, the painful symptoms are much more pronounced in the first two or three teeth, but then subside somewhat on subsequent teeth.

How do I alleviate the pain? There are many remedies to help with teething, without resulting to over the counter pain medicines. Homeopathic teething tablets, which dissolve on the child's tongue, were a godsend when my children were teething. I also took those little baby washcloths, wet them down, twisted them into a sort of stick shape and froze them. They are easy to chew on this way, and are colder than a traditional teething ring put in the refrigerator, though these work great for some babies. When things get extreme, a little acetaminophen or ibuprofen before bedtime can help your child sleep better.

Are there other symptoms? In some babies, there can be other symptoms that accompany the pain of teething. The most common is a stomach ache and diarrhea. This is thought to be caused by the extra saliva that a baby produces during teething. Many babies also run a low grade fever. Another, less common symptom is what we referred to as "teething poop". Whenever my daughter was going through a bout of teething, her bowel movements would burn the skin on her bottom, as though it was very acidic. So, in addition to being in pain from the teething, she had a sore bottom, too. We alleviated this pain with oatmeal baths, and with being more diligent about changing her diaper immediately after a bowel movement.

Teething is a normal part of babyhood, and, even if it is painful, it is temporary. Keep on top of the

symptoms, and soon you'll be seeing a big toothy grin on your baby!

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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