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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!

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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

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.

Nail Biting Basics

By Christopher J. Henry

Nail biting in all its various forms is problematic behavior beset by peculiarity and contradiction. Technically speaking, the correct word for nail biting is ANONYCHOPHAGIA.

Nail biting typically begins between the ages of five and 10 and is common among children as well as adults. As many as one in three Americans bite their nails.

One of the more noteworthy and generally surprising things about nail biting is its high instance. It crosses every social and economic barrier. Prevalence figures for children are much higher than for adults.

Results of nail biting can result in short, ragged nails. It may also lead to damaged cuticles as well as bleeding around the edges of the nails. Infections can also develop if nails are not properly attended to.

Most relevant studies have found that nail biting tends to peak out around puberty.

A study by Malon and Massmer studied the behavior in the Chicago school systems and reported that nail biting is prevalent in about 60 percent of children age eight to eleven.

Most people agree it is a learned habit, perhaps picked up by watching a parent or someone else biting their nails.

Nail biting is an extremely tough habit to break and treatment for it varies.

One possible solution is identifying the reason for nail biting. Avoidance or modification of these situations can be beneficial to the eventual elimination of the habit.

Improving self-esteem is also helpful when attempting to break the habit.

Products such as CONTROL-IT are available on the market and are designed to aid nail biters in breaking their habit. According to

www.stopbitingnails.com

, CONTROL-IT is a gentle and natural

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alternative to help prevent biting. A mild unpleasant taste helps to remind users to stop biting their nails.

A host of research efforts both in America and Europe sought to ascertain if in fact nail biting was linked to mental illness in one form or another. Most people would have anticipated they found a high prevalence of nail biting among the mentally disordered; however, they found that nail biting, in and of itself, is not systematic of any form of mental disorder or maladjustment.

Nail biting crosses all national borders, genders, and both social and economic lines and may also originate from a primal need for self-grooming. It affects both the nails and the cuticles; with greater

potential harm caused via infection to the cuticle and nail biting tends to be a private affair, and is a relatively isolated form of self-indulgence.

Nail biting may be treated addressing symptom rather than cause; it is a habit, not a disease.

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Mr. Henry has been an entrepreneur the majority of his adult life, generally in engineering pursuits. Most recently he has been a business applications software consultant to Fortune 500 companies, in the greater Boston area.

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