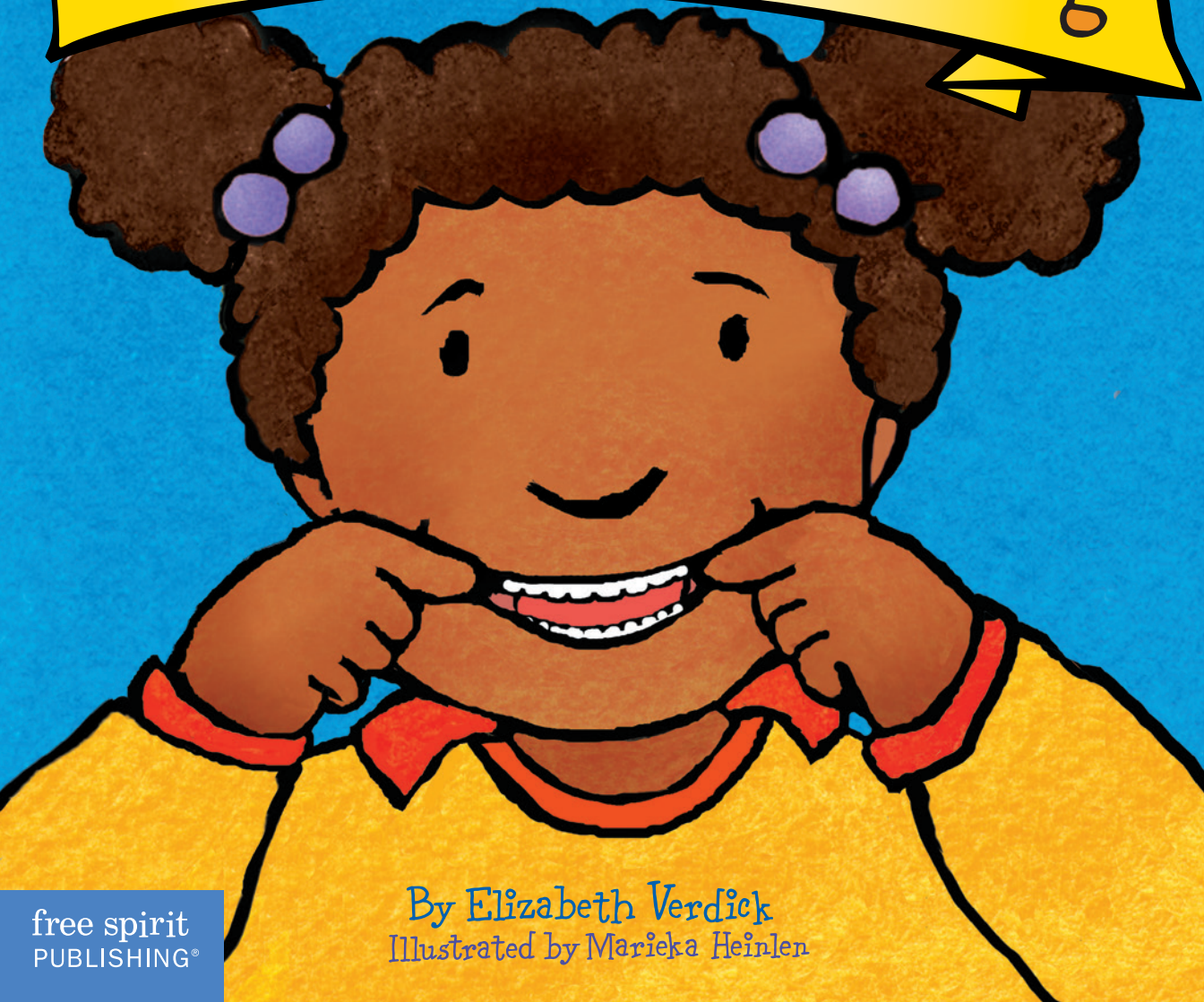


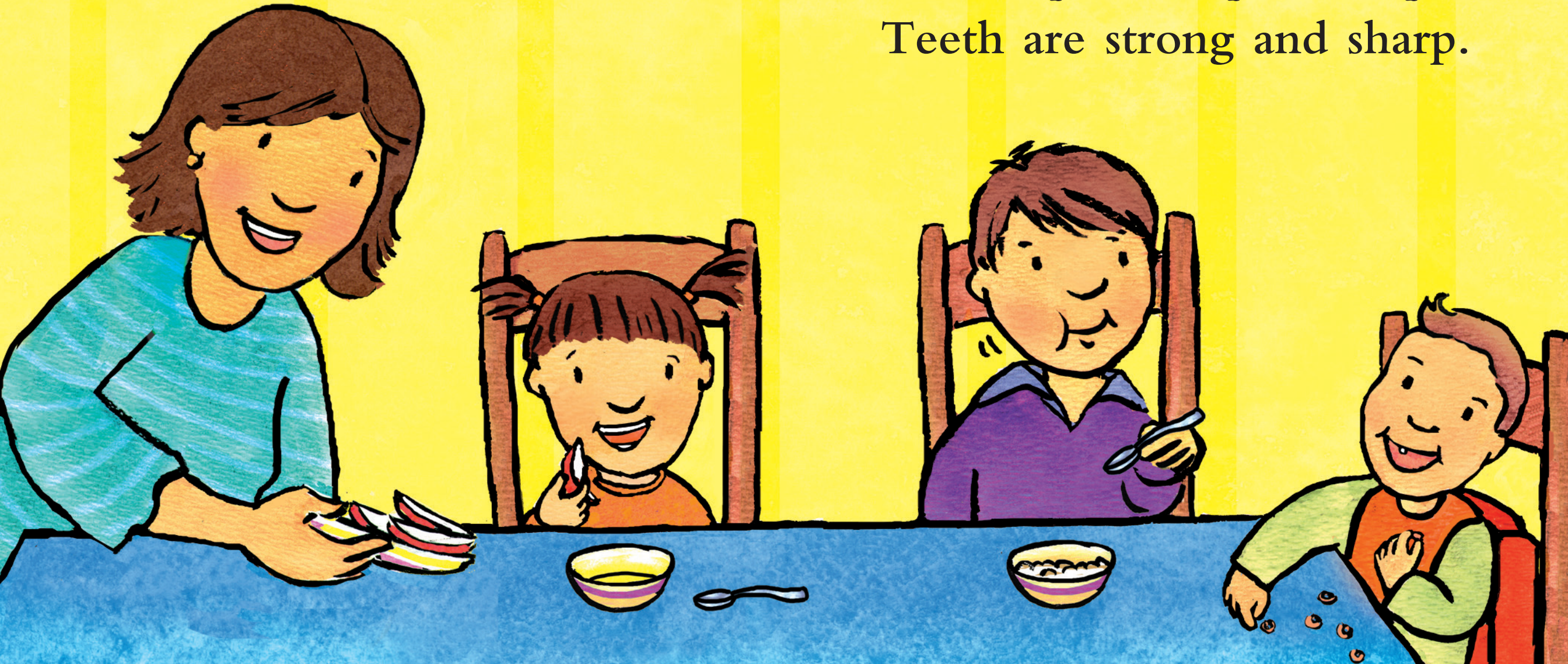
Teeth Are Not for Biting



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Crunch! Crunch! Crunch!
Teeth are strong and sharp.





Crunch! Crunch! Crunch!

Teeth can help you chew.

But teeth are not for biting.

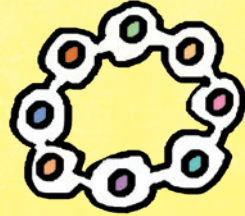
Ouch! Biting hurts.



For Parents and Caregivers

Tips for teething

- Cuddle your child more often. Hugs and kisses help!
- Offer cold water or teething rings that have been chilled in the refrigerator.
- Rub your child's gums with a clean finger.
- Give your child frozen peas or blueberries, or teething biscuits every so often. (Watch to make sure your child chews safely, though.)
- Talk to your child's doctor to see if pain medications are a safe, effective option.



Tips for tooth care

- Babies are born with 20 teeth below the gums. The first baby teeth appear at about six months. Clean your baby's teeth and gums using a wet washcloth at least twice a day. When your child is one to two years old, you can use a soft baby toothbrush and child-safe toothpaste. Teach good dental hygiene by encouraging toothbrushing each morning and night. As soon as two teeth touch, it's time for flossing, too.
- Experts recommend that children have their first dental visit no later than the first birthday. As soon as babies get teeth, they can get cavities.
- Avoid giving your baby or toddler a bottle or sippy cup of milk, juice, or formula to suck on during naptime. These liquids cling to teeth and may lead to tooth decay. If your child takes a liquid during naptime, choose water.
- Teach the phrase: "Teeth are for brushing."



Tips for biting

- Toddlers and preschoolers are more prone to biting when they're teething, hungry, tired, cranky, frustrated, angry, or bored. Watch for signs that a child may be uncomfortable or distressed, and try to help before biting even begins.
- Sometimes, toddlers bite out of simple curiosity—to see how something tastes or feels in their mouth. This is a normal part of development. They may even bite to express affection. If this happens, you can gently but firmly say: "Ouch! Biting hurts. Please don't bite."
- Never bite your child back. This will hurt and frighten your child, and send the confusing message that biting is "okay" in some situations.
- Biting may occur when young children play or disagree. If it happens, first help the child who has been bitten. Offer hugs, comforting words, and any First Aid that may be needed. Next, you can focus your attention on the biter. Don't yell or scold. Calmly, briefly, and without anger, tell the child: "Teeth are not for biting. You hurt people when you bite." Give the child a brief timeout—about one or two minutes—to calm down. Then redirect him or her to another activity.
- Young children may also bite to get attention. Use the above tips if biting occurs, but also consider ways to give a biter positive attention at other times. You might point out when he or she is behaving well by using positive words, such as: "I like the way you're sharing your toys," or "Giving hugs feels good, doesn't it?"

