

# 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.

# Ilko-baxa

Ilko-baxu waxa uu dhacaa marka ilkuhu ay bilaabaan inay dibadda uga soo baxaan ciridka ilmaha yar. Tani badanaa waxay bilaabanta marka ilmuhu jiro 6 ilaa 8 bilood, laakiin waxay bilaabmi kartaan xiitaa goor hore oo ah da'ada 3 bilood.

## Calaamadaha Ilko-baxa

- Dhareer
- Cirid bararsan ama danqanaya
- Hurdada oo dhib ku ah
- Quud ma qaadanayo
- Waxyaabo uu qaniino

Ilko-baxu waxa uu caruurta qaarkood ku noqon karaa mid xanuun leh. Qaar kalena xanuun ma arkaan. Raaxo-darada waxa keenaya waa cadaadiska uu iliggu ku hayo maqaarka ciridka.

## Daryeelka Ilmahaaga

Halkan waxa ku yaala dhawr siyaabood oo aad ku dejin kartid ilmaha oo aad ku khafiifin kartid xanuunkiisa:

- Si tartiib ah ciribka ugu xoq maro maydhasho oo qabow oo qoyan.
- Ilmahaaga sii wax amaan ah oo uu qaniino, sida fargalada ilko-baxa ee caagga ah.
- Far nadiif ah ku xoq ilkaha ilmahaaga.
- Masax wajiga ilmahaaga marrar badan oo ka dhig mid qalalan si aad uga hortagtid finan ka soo baxa.
- Waxa gargaar laga heli karaa Tylenol-ka caruurta ama dawooyinka ilko-baxa, laakiin marka hore weydii dhakhtarka ilmahaaga.

Ka dhig afka iyo ciridka ilmahaaga kuwo nadiif ah xiitaa haddii ilmahaagu aanu wali lahayn ilko.

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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Halkan waxa ku yaala dhawr siyaabood oo aad ku daryeeli kartid ciridka iyo ilkaha ilmahaaga.

- Ka dib cunto kasta, ciridka ilmahaaga ku masax maro maydhasho.
- Ilmahaaga ha jiifin sariirta iyada oo dhalo caano ama miir khudaar ku jiraan afka ugu jirto. Taasi waxay keeni kartaa ilko bolol ama ilkaha oo xumaada.
- Isticmaal burush jilicsan si aad u nadiifisid ciridka iyo ilkaha cusub.
- Ugu yaraan laba jeer maalin kasta nadiifi ciridka iyo ilkaha ilmahaaga.

La hadal dhakhtarka ilmahaaga ka hor inta aanad bilaabin inaad ilkaha ilmahaaga marisid cajiinka ilkaha. Waa inaan ilmuhu liqin cajiinka ilkaha. Maadada falooraydh oo badani waxay keeni kartaa waxyeello.

### **Wac dhakhtarka ilmahaaga haddii ilmahaagu:**

- Uu leeyahay qandho ama cudur kale. Ilko-baxu ma keeno cudur.
- Uu ka lumo ilig sababta oo ah dhaawac.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.**

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Teething. Somali