

## Choking

A child may be choking if he/she can't breathe, is gasping or wheezing, can't cry or make noise, turns blue, appears panicked, or becomes limp or unconscious.

It is recommended for parents to get trained in both CPR and the Heimlich remover. **Call 911 for any serious choking situation.** If you have not been trained, wait until help arrives.

Don't reach into the mouth to grab the object or pat the child on the back. Either of these steps could push an object farther down the airway.

## Solid Food

Babies who are ready to eat solids are interested in foods, hold their heads up well, have oral motor skills needed to eat, and are usually twice their birth weight.

Wait until your baby is at least 4-6 months old and shows signs of readiness before introducing solids. Solids should be fed after a nursing session so that your baby fills up on breast milk.

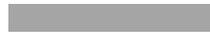
## Teething

You will likely see the first tooth start pushing through your baby's gum line between 4 and 7 months. The first teeth to appear usually are the two bottom teeth.

You can help make teething easier.

- Gently wipe baby's face often to remove drool and prevent rashes
- Rub baby's gums with a clean finger
- Give your baby something to chew on. Ensure it's big enough that it cannot be swallowed
- Chill the teething ring in the refrigerator, but NOT the freezer
- Never tie a teething ring around a baby's neck or any other body part – it could get caught and strangle the baby

Teething can be uncomfortable, but if your baby seems very fussy, talk to your doctor.



## Baby Bottle Tooth Decay

Even though they are temporary, baby teeth are still susceptible to cavities.

You can help prevent tooth decay.

- After each feeding, wipe child's gums with a clean, damp washcloth or pad
- Brush teeth with a child-size toothbrush and a grain of rice sized amount of fluoride toothpaste until age 3
- Infants should finish their bedtime and nap time bottles before going to bed
- Ensure pacifiers are clean. Don't dip them in sugar or honey
- If your child is not receiving adequate fluoride from water, fluoride drops may be recommended

North Country Hospital  
Primary Care

Infant Safety: Months 4 – 9