



TEETHING BABY POLICY

Teething can be a distressing time for babies, and it's important to provide support to ease their discomfort. Each baby is different, so a variety of methods may be needed to find what works best for each individual child.

Teething Rings

Teething rings provide a safe option for babies to chew on, helping to soothe their gums and distract them from pain. Some teething rings can be chilled in the fridge for added relief, but never place them in the freezer, as this could harm the baby's gums. Additionally, teething rings should not be tied around a baby's neck to avoid choking hazards.

Chewing

A common sign of teething is when babies chew on their fingers, toys, or other objects. For babies aged 6 months or older, you can offer safe items to chew, such as raw fruit or vegetables (e.g., soft melon) or a crust of bread or a breadstick. Always supervise the baby when eating to prevent choking. Avoid giving rusks, as most brands contain added sugars, and limit sugary foods to prevent tooth decay.

Teething Gels

There is limited evidence to support the effectiveness of teething gels. We recommend trying non-medical options, such as teething rings, first. Any teething gel administered must comply with the nursery's Medication Policy, including the requirement for prior written parental consent.

Pain Relief (Paracetamol)

If your baby is in significant pain due to teething, Calpol or other paracetamol-based medications can be administered with prior written consent in line with our Medication Policy. This consent must include the specific medication, dosage, and the circumstances under which it should be given (e.g., fever, discomfort). If a child requires frequent or ongoing medication, we encourage parents to consult a GP.

Comforting a Teething Baby

Comforting a teething baby can help distract from discomfort. Staff may gently rub the baby's gums with a clean finger. Additionally, playing and interacting with the baby can help alleviate some of the distress.

Preventing Teething Rashes

Increased drooling is common during teething. Staff will regularly wipe the baby's face to prevent rashes caused by excess moisture.

This policy was adopted on	Signed on behalf of the nursery	Date for review
11/8/2026	N. Baker	August 2027

Wibli Wobli Nursery trading name of

Wibli Wobli Nursery Ltd Company No 13980536 of Unit 1 Oak House, Vaughan Court, Newport, NP10 8BD

Wibli Wobli Cardiff Ltd Company No 16590606 of 53 The Parade, Roath, Cardiff, CF24 3AB



POLISI BABANOD SY’N CAEL DANNEDD

Gall cael dannedd fod yn gyfnod gofidus i fabanod, ac mae'n bwysig darparu cefnogaeth i leddfu eu hanghysur. Mae pob babi yn wahanol, felly efallai y bydd angen amrywiaeth o ddulliau i ddod o hyd i'r hyn sy'n gweithio orau i bob plentyn unigol.

Cylchoedd Dannedd

Mae cylchoedd dannedd yn darparu opsiwn diogel i fabanod gnoi arnynt, gan helpu i leddfu eu deintgig a'u tynnu oddi wrth boen. Gellir oeri rhai cylchoedd dannedd yn yr oergell i gael rhyddhad ychwanegol, ond peidiwch byth â'u rhoi yn y rhewgell, gan y gallai hyn niweidio deintgig y babi. Yn ogystal, ni ddylid clymu cylchoedd dannedd o amgylch gwddf babi i osgoi peryglon tagu.

Cnoi

Arwydd cyffredin o gael dannedd yw pan fydd babanod yn cnoi eu bysedd, teganau, neu wrthrychau eraill. Ar gyfer babanod 6 mis oed neu hŷn, gallwch gynnig eitemau diogel i'w cnoi, fel ffrwythau neu lysiau amrwd (e.e., melon meddal) neu gramen o fara neu ffyn bara. Goruchwylwch y babi bob amser wrth fwyta i atal tagu. Osgowch roi brwsys, gan fod y rhan fwyaf o frandiau'n cynnwys siwgrau ychwanegol, a chyfyngwch ar fwydydd siwgrog i atal pydredd dannedd.

Gelïau Deintgaeth

Mae tystiolaeth gyfyngedig i gefnogi effeithiolrwydd gelïau deintgig. Rydym yn argymhell rhoi cynnig ar opsiynau anfeddygol, fel modrwyau deintgig, yn gyntaf. Rhaid i unrhyw gel deintgaeth a roddir gydmyffurfio â Pholisi Meddyginiaeth y feithrinfa, gan gynnwys y gofyniad am ganiatâd ysgrifenedig ymlaen llaw gan rieni.

Lliniaru Poen (Parasetamol)

Os yw'ch babi mewn poen sylweddol oherwydd deintgaeth, gellir rhoi Calpol neu feddyginiaethau eraill sy'n seiliedig ar barasetamol gyda chaniatâd ysgrifenedig ymlaen llaw yn unol â'n Polisi Meddyginiaeth. Rhaid i'r caniatâd hwn gynnwys y feddyginiaeth benodol, y dos, a'r amgylchiadau y dylid ei rhoi (e.e., twymyn, anghysur). Os oes angen meddyginiaeth aml neu barhaus ar blentyn, rydym yn annog rhieni i ymgynghori â meddyg teulu.

Cysuro Babi sy'n Deintgig

Gall cysuro babi sy'n deintgig helpu i dynnu sylw oddi wrth anghysur. Gall staff rwbio deintgig y babi yn ysgafn â bys glân. Yn ogystal, gall chwarae a rhyngweithio â'r babi helpu i leddfu rhywfaint o'r gofid.

Atal Brechau ar Ddannedd

Mae mwy o glafoerio yn gyffredin yn ystod dannedd. Bydd staff yn sychu wyneb y babi yn rheolaidd i atal brechau a achosir gan leithder gormodol.

Mabwysiadwyd y polisi hwn ar	Llofnodwyd ar ran y feithrinfa	Dyddiad adolygiad nesaf
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