

# 7 MONTHS – Poop Changes!



Hi! Your baby is now 7 months old, and we are sure there are lots of ‘new’ things happening at your house. This month we’ll talk about a few of these things, like how new foods are changing your baby’s poop and new teeth.

## Poop

It is normal for your baby’s poop to change when you start introducing solid foods. Poop will become firmer, may have a stronger odour, and may contain pieces of food. Brown, tan, yellow, and green are all possible colours for a baby’s poop.

### Changes to watch for:

- Hard, dry poop may mean your baby is not getting enough liquids.
- Increase in the number of poops or more liquid poops may be a sign of diarrhea.
- Explosive diarrhea may be a sign of infection.

### Call your doctor if your baby:

- Is vomiting
- Has maroon, bloody, black, white, or grey poop
- Has a lot of mucus or water in the poop
- Is straining to pass poop



## Teething

The first teeth commonly appear from 6 to 10 months of age, but may come in earlier, or even later than this.

You may notice these signs that your baby is teething:

- Drooling
- Crankiness and irritability
- Red cheeks
- A need to chew on things

Fever, stuffiness, runny nose, and diarrhea are not signs of teething. If your baby is experiencing these symptoms you should speak to your health care provider.

Babies who are teething may have sore or tender gums. You can help your child by:

- Massaging the gums with a clean, wet cloth that has been chilled in the refrigerator.
- Offering a teething ring to your child. Babies massage their own gums by chewing on hard, smooth objects.

### Caring for Baby's Teeth

- As soon as teeth appear, brush your child's teeth twice a day, using a child-sized, soft-bristled toothbrush.
- Use a very small amount of toothpaste (the size of a grain of rice).
- Regularly look to see if white or brown spots are on the teeth. These may be the first signs of a cavity. If you see any, take your child to the dentist.

It is not recommended to put anything from your mouth into your baby's mouth as this can transfer bacteria which can lead to cavities. For example, don't let baby eat off of your spoon.

See [Canadian Dental Association](#) for more information about dental care for children.



### Parent's Dental Health

A healthy mouth is important for overall health throughout life. Brushing your own teeth is a great way to role-model healthy habits!

Adults should brush twice a day for two minutes each time, using a fluoridated toothpaste, and don't forget to floss daily! See your dentist regularly.



## Healthy Smiles Ontario

Your baby may be eligible for free dental care through [Healthy Smiles Ontario](#).

Your family may also be eligible for the [Canada Dental Benefit](#).

We hope the next couple of weeks are filled with toothy smiles!  
We'll connect again next month when your baby turns 8 months

