

FACTS ON...

Amber Teething Necklaces: Dressing to Play Safe

A guide
for those who
work with
families



Children love to play, and it is important for their development to do so. It is also important to keep safety in mind while dressing children. Certain clothing and accessories could be a strangulation hazard to children.

Child Safety Link would like to share the following information on amber teething necklaces, and tips to help keep children safe while playing at home or outside:

What is an amber teething necklace?

Amber teething necklaces are designed to be worn by children between three months and two years of age. They are marketed as a pain reliever for children who are teething. They are also marketed as being “safe,” because they are designed with a knot between each bead, and the beads are small (raisin-sized). These features are giving many parents a false sense of security about this product.

Do they work?

Marketers of amber teething necklaces claim that the necklaces release succinic acid * when warmed up against a child’s skin, acting as a natural pain reliever. However, **amber teething necklaces have not been scientifically proven to relieve symptoms associated with pain.**

What are the risks of a young child wearing an amber teething necklace?

Young children explore their environment by putting objects in their mouths. Although the necklaces are designed to be worn and not chewed, young children may not know to follow this rule because of their hand-to-mouth habits.

As with any product that is meant to be placed around a young child’s neck, the risk of choking and strangulation is present. Strangulation could occur if the necklace were to catch on a piece of furniture, hook, or other object. Additionally, the amber on the necklaces will crack if put under pressure, which can pose a choking risk to young children.

* **What is succinic acid?** Succinic acid is naturally found in all living things. It is often used to manufacture various products such as perfumes, dyes and lacquers. It is also found in many foods and is used as a food additive.



For more information on children’s injury prevention topics, visit www.childsafetylink.ca or call 1-866-288-1388 (toll-free in the Maritimes)



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DRESS TO PLAY SAFE! CHILD SAFETY LINK OFFERS THE FOLLOWING TIPS TO PARENTS AND CAREGIVERS:

- Never place a necklace, string, ribbon or chain of any kind on a child under three years of age, on any part of their body. Keeping these items away from children will help prevent the risk of strangulation and choking.
- Do not give young children any item that can be placed or wrapped around their neck.
- Dress children appropriately to play on the playground by avoiding anything that could become entangled on the equipment such as drawstrings, loose clothing, or helmets.
- Help with teething pain in young children by using teething rings and gentle gum massages.
- Always supervise young children.



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