

Safe & Effective Teething Remedies

Teething can be a challenging time for both babies and parents. While many natural remedies are marketed as solutions, some—like Amber Teething Necklaces—pose serious risks, including strangulation and choking, with no scientific evidence proving their effectiveness. Instead of using unsafe methods, here are proven, safe, and effective ways to soothe your baby's teething pain.

 **by toybuddy**



Gentle Gum Massage

Direct Pressure

Gently rubbing your baby's gums with a clean finger provides direct pressure, which helps reduce discomfort and inflammation.

Safe and Simple

This technique is easy to implement and requires no special tools or products.

Cool Comfort

Cold Compress

Soak a small cloth in water or breast milk, knot the end, and chill it in the fridge (not freezer) before giving it to your baby.

Numbing Effect

The coolness numbs sore gums and reduces swelling, offering immediate relief for your baby.

Chewable Relief

1 Cold Food

Place cold fruits or vegetables inside a silicone self-feeder, allowing your baby to safely chew on them.

2 Sensory Stimulation

The cool surface and chewing action provide relief from gum pain.



Teething Toys

Solid and Safe

Choose solid, easy-to-hold teethingers with circular or cylindrical handles. Avoid liquid-filled teethingers, as they may leak or break.

Cooling Option

Cooling teethingers in the fridge can provide additional relief.



Pacifier Power

Calming Effect

If your baby already uses a pacifier, it may help ease teething pain.

AAP Recommendation

Research suggests pacifiers offer a calming effect and are even recommended by the American Academy of Pediatrics for minor pain relief in infants.



What to Avoid



Amber Teething Necklaces

These pose a strangulation and choking risk with no proven benefits.



Freezing Teethers or Cloths

Extreme cold can damage delicate gum tissue.



Liquid-Filled Teethers

These may break, posing a choking hazard.

Your Baby's Comfort

By choosing safe teething solutions, you can help your baby through this phase with minimal discomfort and no unnecessary risks.

