

# Brave Badger's Guide to Teething

Teething is a distressing time - not just for your baby, but the whole family. Finding ways to soothe your little one may be tricky and no baby is the same. So you may have to persevere to find the thing that helps them through it.

1

## Give them something healthy to chew

If your baby is 6 months or older, you can give them healthy things to chew on, such as raw fruit and vegetables. Soft fruit like melon can soothe gums.



2

## Teething rings are a great distraction

Teething rings give your baby something to chew safely and also serve as a great distraction. They may become attached to it like a toy, and this might help to ease their discomfort.

3

## Give lots of cuddles and try to keep them occupied

Playing with your baby can distract your little one from any pain in their gums. Occupying them with their favourite toys, singing to them, taking them out for a walk and giving them lots of cuddles will help.