Busy parents with fussy babies need to be able to soothe their little ones fast – especially during teething time! Here’s a quick-look reference for all your irritable teething needs.

1. **Freeze It** - Wash clothes, teething toys, or fruit put in the freezer make great teething motions. The cold takes away the pain!
2. **Chill It** - Apple sauce, yogurt, and other fridge-worthy foods are great weapons in the battle against teething pain.
3. **Cold Spoon** - This one comes recommended by the American Dental Association! Put a metal spoon in the fridge (never the freezer) for a few hours and let baby gum away on it.
4. **Homemade Popsicles** - Pour some fruit juice into a popsicle mold and freeze. Little one will have a healthy, healthy snack that relieves their teething pain!
5. **Frozen Waffles** - The texture of frozen waffles is great for easing teething irritation, and the waffles themselves turn into a squishy snack as baby gums on them and the waffles turn into a gooshy snack as baby gums on them and the waffles.
6. **Homemade Ice Cream** - Mix 1 cup fruit, 3 scoops of cream, and half a cup of rice cereal together, put the mix in an ice cube tray and freeze. This is an especially good snack for days when your child is too fussy for a bottle.
7. **Mesh Teething Feeders** - Available on Amazon or at baby supply stores, mesh feeders hold a frozen treat, soothing baby's teething irritation with both temperature and texture.
8. **Breastfeeding** - Some younger teethers are soothed by the mouthy know that a breast or bottle is in there.
9. **Gum Rubs** - Diluted clove oil, vanilla extract, almond extract, or peeled ginger rubbed on baby’s gums for 2 to 3 minutes are all effective teething remedies.
10. **Organic Teething Biscuits** - These hard crackers can soothe for little mouths to chew on, but be careful of small pieces causing choking hazards.
11. **Beech Jasper** - A piece of low-sodium beech jasper can last a little one all day! If your child likes the taste, it's a great rock and soothing teething aid for some comfort.
12. **Licorice Root** - Licorice root (not the candy) is a sweet, natural gum for baby to chew on.
13. **Wild Fennel** - You might be able to pick this yourself, an herbal grown in all kinds of places across the US. Baby can chew on or suck on the leaves and stalks for some cool relief.
14. **Allspice Teething Necklace** - You can make this yourself with allspice from the local grocery and durable thread. The tannin in the allspice will help tighten baby's gums and soothe the irritation.
15. **Rose Hip Syrup** - 4 cups water + ¼ cup dried rose hips + 30 minutes simmering, straining the water into a jar + 1 teaspoon honey or maple syrup + a great homemade teething remedy that also helps boost your little one's immune system. Apply 4 to 6 drops once an hour.
16. **Catnip** - Catnip naturally relaxes the nerves, and can help reduce fevers. Add a little to vanilla milk, homemade popsicles, or even just the water you soak a washcloth in before throwing.
17. **Homemade Teething Cream** - This is an easy home teething remedy. Coconut oil food-grade numbing, and a soothing essential oil like clove oil, mixed and cooled in the fridge, makes a great cream to help baby through this tough time.
18. **Teething Remedies** - Here’s a quick-look reference for all your irritable teething needs.
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22. **Bath** - Warm water is relaxing, and the change of scenery might distract a truly fussy baby from their troubles for a while.
23. **Teething Toys and Gloves** - There’s always the classic fallback of teething rings and toys. BeSophie the Giraffe or L’il Teether. For early teethers and other tiny teethers, try the Lil Teethers.
24. **Toothbrush** - Not only can the texture of toothbrush bristles help soothe in that oil, gums, it helps baby get used to the oral health feel like in their mouth – good practice for brushing!
25. **Camilia** - A piece of low-sodium beech jasper can last a little one all day! If your child likes the taste, it's a great rock and soothing teething aid for some comfort.
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