



# How To Soothe Sore Gums In Teething Babies



Try offering cold teething rings, frozen vegetables, or clean, cold teething toys to nibble on.



Get teething mittens for your baby.



Offer a clean, cold washcloth or a safe toy to chew on.



Massage the sore gums with your index finger.



Try giving your baby an orthodontic pacifier that meets safety guidelines.