

# NATURAL TEETHING REMEDIES

## 01



### Earthley's Teeth Tamer

Herbal tincture with catnip and clove to calm and soothe

## 02



### Hyland's Teething Tablets (daytime) Hylands Teething Tablets (nighttime)

Homeopathic blend for irritability and swollen gums

## 03



### Chiropractic Care

Gentle pediatric chiropractic care can support oral development/relieve teething discomfort. Search for a chiropractor certified in pediatric care through ICPA

## 04



### Frozen Breastmilk Popsicles/Silicone Teether (favorite teethers: grip silicone teether & sensory teether)

Soothing and safe gum relief — freeze breastmilk in silicone molds or chill a teether for baby to gnaw on while supervised.

## 05



### Bonus: DIY Jaw Soothing Roller Blend

For babies 6+ months (external use only)  
-see next page for ingredients and instructions.

This info is for educational purposes only and isn't medical advice. Please check with your provider before starting any new supplements for your baby if you're feeling unsure. Disclosure: As an Amazon Associate, I earn from qualifying purchases. I'm also an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you



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## DIY JAW SOOTHING ROLLER BLEND

### Ingredients:

- 1 tbsp fractionated coconut oil (or another carrier oil)
- 1 drop Roman chamomile essential oil
- 1 drop lavender essential oil



### Instructions:

1. Add ingredients to a 10ml roller bottle.
2. Shake gently before each use.
3. Roll along the jawline and behind ears – not inside the mouth.
4. Use 1-2x daily or as needed. Always patch test first.

**Tip:** You can also infuse olive oil with dried chamomile and lavender instead of using essential oils for an ultra-gentle blend.



You can check out all of my baby faves here:  
[baby essentials](#)

And all of my Earthley baby favorites here:  
[nurture-nook/earthley](#)

If you're looking for more real-life tips, natural products, and honest support to care for your family and home, I'd love to share with you all that has helped me at:

[nurture-nook.com](#)

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