



## How to Soothe a Teething Baby at Night? (A Mothers Guide)

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## **What is teething?**

What is teething? **Teething is the process of a baby's first teeth coming in.** It usually starts around 6 months old and can last until the baby is about 3 years old. Teething can cause discomfort for the baby, and they may drool more than usual.

The pain associated with teething is often intense, and many parents find that their babies become cranky and irritable during this time.

## **What are the symptoms of teething?**

What are the symptoms of teething? **Teething symptoms include drooling, red gums, increased irritability, increased thirst, and increased activity.**

## **How to Soothe a Teething Baby at Night?**

How to Soothe a Teething Baby at Night? **First, provide the baby with a warm, wet cloth to chew. Next, rub their gums with your finger to help soothe the pain. Also, try a teething ring so the baby can bite on it. Lastly, put a little bit of pressure on their gums with your finger.**

## **Give your baby a teething ring or toy to chew on**

It's a rough time for your baby. They're teething, and their gums are **red and swollen**. They're also crying, and you may feel frustrated at your lack of success in soothing your baby.

To soothe a teething baby at night, you can give your baby **a teething ring** or toy to chew. The **teething** ring will help to stimulate the senses and provide relief.

## **Put something cold on your baby's gums**

If your baby is teething, you're probably looking for ways to soothe them at night. One way to do this is by **putting something cold** on their gums. For example, you can use a frozen wet washcloth or a teething ring that has been in the fridge.

Gently rub the cold object on your baby's gums for a few minutes. Putting something chilly on their gums should help **relieve** some of the discomforts they're feeling.

## **Give your baby a massage**

There is a straightforward solution that can help soothe your baby and help them get some much-needed rest: ***a massage!***

Here's how to give your baby a teething massage:

- Start by gently rubbing your baby's gums with your finger. You can also use a clean, wet washcloth or gauze pad.
- Then, using circular motions, massage the area around their jaw, ears, and cheeks.
- Finally, finish up by lightly rubbing their head and neck.

If you do this for just a few minutes each night before bedtime, you should see a difference in your **baby's sleep patterns**.

## **Distract your baby with other activities**

As parents, we want to do anything we can to make our baby **feel better**. One of the best things we can do to help ease a teething baby is to do **activities**.

- One of the most common activities is to give the baby their favorite toy.
- You can pick up a book and read it to her.
- You can also sing a song. Babies love music, and it's a great way to distract them.
- You can also play with your baby.
- You can also burp and change your baby's diaper, so they feel refreshed.

## **Try homeopathic remedies**

If your baby is teething, you may be wondering how to soothe them at night. Here are a few **homeopathic** remedies that may help:

1. Chamomile tea
2. Teething tablets
3. Lavender Oil
4. Ginger Oil

Use homeopathic remedies **at your own risk!** Consult a pediatrician first before you

## **Talk to your doctor about medication options**

If you're looking for [tips on soothing a teething baby](#), you can start by **talking to your doctor** about medication options. There are different types of over-the-counter medication options that can help you.

Your doctor may also want to prescribe medication for your baby. Some of the most common medications used for teething include ibuprofen, acetaminophen, and topical anesthetics.

## **Frequently Asked Questions**

### **What helps teething pain at night?**

What helps teething pain at night? The first thing that comes to mind is using a wet cloth or teething ring to soothe the pain. It is also best to swaddle your baby during the night because it is warmer than if they are not. Sucking on a pacifier is also a good way to keep them calm.

### **Is baby teething pain worse at night?**

Is baby teething pain worse at night? **Yes, baby teething pain is often worse at night because your child is tired and cranky.**

However, you can do a few things to help ease the pain, such as giving your child a cold teething ring or using a teething gel. You can also try massaging your child's gums with your fingers.

### **Why do babies cry more at night when teething?**

Why do babies cry more at night when teething? **First, the pain of teething can be worse at night because there are fewer distractions and more time to focus on the pain.** Second, babies may be more tired at night and have less patience for dealing with the pain of teething.

Finally, some babies are just more sensitive to pain in general and may find the pain of teething to be especially bothersome.

### **How Long does teething night waking last?**

How Long does teething night waking last? **Teething at night waking can last for a few nights or weeks as the baby's teeth start to come in.**

If your baby is particularly fussy during this time, you can try giving them a teething ring or toy to help soothe them.

## **Tips for soothing your teething baby at night**

- Give your baby something to gnaw on
- Put pressure on their gums
- Distract them with toys or food
- Use a teething ring or gel
- Keep them cool and comfortable
- Check for signs of discomfort often