

# teeth + tummy tips

---

## Teething baby?

- Dampen a wash cloth and freeze. When your baby starts to fuss (or even before!) bring one out and let them chew. *Tip: To experiment with different shapes, try placing the washcloth on a cookie sheet and then placing in the freezer.*
- Try teething bling! In the last 5 years they have developed entire lines of awesome jewelry for you to wear and your baby to naw upon. *Tip: If you are not a necklace gal, try a simple bangle bracelet.*

## Colicky/Gassy/Refluxy Baby?

- Try a baby massage. Using a bit of gentle oil, lightly massage your baby. This stimulates their digestion and helps to relax them. *Tip: Also rub their tummy gently in a clockwise motion and bicycle their legs.*
- Try baby probiotics. Sometimes, baby tummies aren't quite ready for the world. Good bacteria found in probiotics can help them find some relief! *Tip: It's good for the whole family. Add yogurt to your diet to maintain a healthy gut.*



Calm-A-Mama®

---

For **teeth + tummy** troubles also try chamomile!

Brew a weak chamomile tea. After it cools give baby a few spoonfuls. Chamomile has been used traditionally in infants for both colic, gas and teething.