

BabyCues



safe remedies
for teething

babycues.com



A PHILIPPA MURPHY BOOK

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Hello!

It's lovely to have you here

I'm Philippa Murphy

I'm an awarded Infant Gut Health Practitioner, a colic and reflux specialist, postnatal practitioner, educator, speaker, author, Mum, step-mum, detail attentive newborn and infant activist, meditator, quantum physics lover, dabbling artist and creator. Oh, I'm also a self-described advocate for common sense, I love all things nature, the colour green, and my morning coffee.

With a background in Child Development and Psychology, and being a Certified Lactation Consultant and Certified Nutritional Health Coach, I'm a keen campaigner for preventative intervention

through education. One of my main commitments for holistic child, and parent health, is to provide education that is focused on eliminating the unnecessary symptoms of colic, reflux and silent reflux from our world. Yes that can be done, and by natural means. It's what I love to do.

I also cherish any opportunity to empower parents with knowledge that will enhance confidence, so their intuitive care, and love, can develop in the best way possible. The tips in this guide are a little slice of the empowerment that I wish for you.

the teething journey

As we all know, teething is a natural milestone in an infant's development, and this is typically projected to parents that this occurs between the ages of four to seven months. However, this is not the case. Your baby's teeth buds are present at around six weeks gestation, and from that moment onward they are growing and changing. Birthing does not stop this progress so some newborns will experience teething in the first week of life. It really does just depend on when those buds want to have a little growth spurt.

But no matter when teething happens, it can be difficult for both babies and parents to manage. Thankfully, there are several natural remedies available to ease the discomfort associated with teething, which I will share with you in this booklet. But first, let's take a look at your infant's total body symptoms, because teething affects more than just the gums, it has significant effects on the digestive system too.



the full body symptoms

Mouth and head symptoms

- tender, swollen gums
- Increased drooling of saliva
- Chewing or biting is increased
- Teething rash around mouth or cheeks
- Increased risk of oral thrush
- Ear or hair pulling
- Increased rooting to suck and rubbing of jaw to soothe
- Small white bumps or blisters on the gums when teeth are pushing through
- Bleeding of gums as tooth breaks through the surface
- Smelly breath from increased saliva production and changes in stomach juices from that
- Refusal to eat from gum discomfort
- Mouth breathing when sleeping
- Rise in temperature
- Nasal congestion.



Digestive symptoms

- Bloating and increased gas/flatulence from swallowing of saliva and a reduction of burping because baby is focused and be more communicative about the discomfort, making it hard to burp because generally an infant needs to be relaxed to release air from the stomach.
- Increased hiccups from the amount of air in the stomach – see what to do for hiccups here, and it's not feed your infant.
- Increased refluxing from excess air
- Sour smelling reflux caused by the mixing of salivary enzymes and acid in the stomach.
- Bopping on and off the breast from gum discomfort, which may lead to them feeling hungry at times.
- Cramping in the lower digestive system from excess air and slowing of stools.
- Runny stools or constipation – in my [BabyCues Clinic](#) I mainly witness constipation, largely because parents adversely start to overfeed their baby to either try and soothe them, or believing they are hungry, rather than simply wanting to suck away from food because of the discomfort.
- Mucous in stools from the body's immune response of inflammation and the change in pH levels



Behaviour symptoms

- Fussy and irritable
- Withdrawn and lethargic
- Desire for more attention
- Feeding can become erratic
- Increased rooting and sucking on hands, fingers, objects
- Arching backwards trying to get away from digestive discomfort
- Pedaling legs, also from digestive discomfort
- Unsettled sleep and increased re-settling or sleeping on you
- Disruption in BabyCues Bio-logical Daily Patterns – available in [BabyCues Prevent and Remedy Book](#).



thirteen safe remedies

There is a variety of safe options available to help your infant through all of the previous symptoms listed. But before we get into those,

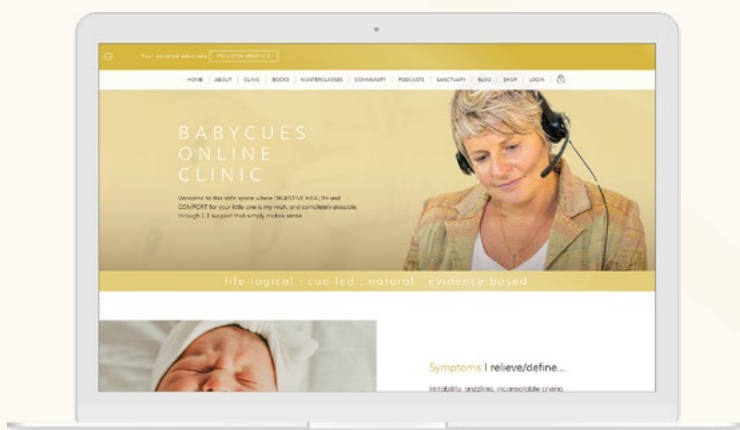
I'd like to make sure that you avoid any "teething remedy" that has [belladonna](#) in, as this can have grave health effects, despite it being a homeopathic remedy. Additionally, avoiding alcohol, which is often a base ingredient of teething tinctures, and any sweeteners inclusive of stevia, as this only adds to the digestive cramping and gas.

Okay. Now to those things that you can offer to create more comfort.

- 1 Cold items to chew on, like cold dampened cloths that are chilled in the fridge, or an unsweetened teething ring or silicone tether can be helpful. Additionally, if your infant is having solids, so is six months old, you can offer an appropriate chilled piece of food wrapped in a muslin so they don't choke on the food. This might be a peeled apple or a semi hard peeled pear. You may like to look at my [Bio-logical Solids Weaning Guide](#) to define which foods are age appropriate.
- 2 Natural teethers that baby can gnaw on. Just make sure the material is non-toxic and safe for babies. Around six months is a good time to introduce a teether as it can help increase jaw strength and motor skills for self-feeding. Start with a teether that is thick and a circular shape, so baby can't put it fully in the mouth and gag.
- 3 Get your infant a teething feeder, and if you have frozen breast milk then pop that into the feeder for them to enjoy that cold nutrition.

- 4 Chamomile tea has great soothing properties and I suggest you steep the tea for twenty minutes and when cooled, pour 2.5mls into a syringe with 2.5mls of room temperature, boiled water. You can give this half an hour before each sleep cycle.
- 5 If breastfeeding, be vigilant in watching your infant's suck swallow ratio at every feed to make sure they are extracting enough milk to feel full at each three-and-a-half to four hourly feed, which is ideal for the digestive system from newborn to six months.
- 6 If bottle feeding, make sure the teat rests more on the hard roof palette of the mouth, rather than the tongue, by slightly pushing the bottle upward when feeding. This can stimulate more sucking rather than chewing, and is in fact how a bottle should be fed at anytime.
- 7 If breastfeeding you can add basil to your daily diet as this natural reduces digestive gas. Also make sure you are limiting any gassy foods, inclusive of gassy vegetables, carbohydrates, and some fruit. I have a [Breastfeeding Diet Guide](#) for in depth knowledge on what you would ideally avoid and what you can eat when breastfeeding to foster comfort.
- 8 Use a pacifier to soothe when you know baby is not hungry, or during sleep time.
- 9 Place pressure on their lower digestive region (hip to hip) when pedaling their legs, or arching backwards to reduce lower digestive discomfort.

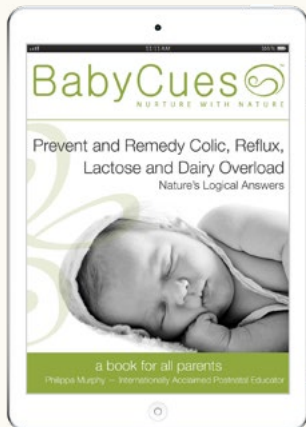
- 10 When crying and upset, use my signature What-A-View position to soothe their lower digestive system as the excess air and possible slowing of stools occurs. You can find this position in my [BabyCues Prevent and Remedy Book](#), or watch me use this with little baby Tia in my [Burping and Gas Masterclass](#).
- 11 Massage your baby's gums with a clean finger, and/or massaging your baby's tummy in a clockwise motion using grape seed oil can aid digestive movement.
- 12 For constipation I suggest using my stimulation method, which is only available to show you through [consultations](#) sorry. Or you can give your baby 2.5mls of olive oil with 2.5mls of cooled boiled water once a day. If no changes after four days, then offer twice a day (one morning and one evening).
- 13 I also have some specific homeopathic remedies for the symptoms that I suggest, if appropriate, in my [1:1 virtual consultations](#) and I'd be happy to support you further.



I'll meet you where you are at and support you with a gentle, evidence based approach that offers daily digestive balance.

book a chat →

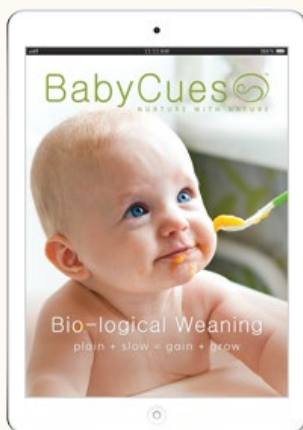
your extra resources



Prevent & Remedy Colic, Reflux, Lactose and Dairy Overload

Practical know-how to help you achieve natural digestive balance for your newborn throughout the first six months.

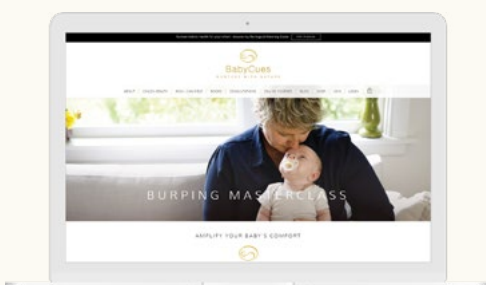
[learn more →](#)



Bio-logical Solids Weaning Guide

Holistically introduce and maintain optimal nutrition for your infant from six months to two years of age with BabyCues method of "Plain + Slow = Gain + Grow".

[learn more →](#)



Online Burping & Gas Masterclass

A step-by-step guide to burp your baby well, reduce gas, stop pain, and foster better sleep for all. You'll learn my ten-step method of burping and so much more.

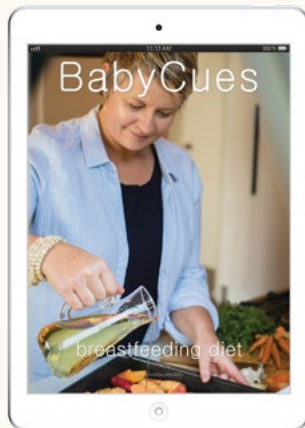
[learn more →](#)



Care After Birth

Foster a healthy recovery from birth, and empower holistic care for Mum and baby with this comprehensive guide that provides natural remedies and more.

[learn more →](#)



Breastfeeding Diet Guide

This booklet walks you through the research, while providing you lists on all the food groups and supplements that are best to eat and avoid to reduce Digestive Overload symptoms.

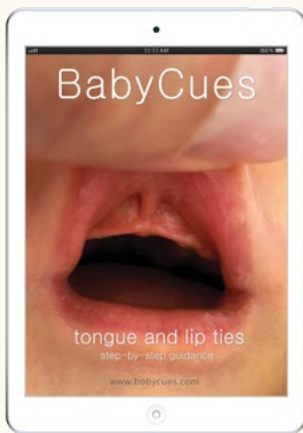
[learn more →](#)



Breastfeeding Meal Plan

Philippa's carefully crafted meal plans provide the essential nutrients that you need to stay energized and support your baby's growth, whilst making sure you limit Digestive Overload symptoms.

[learn more →](#)



Tongue & Lip Tie Booklet

A step-by-step guide on the symptoms, mistakes of diagnosis, professional tools, best practitioners, appropriate aftercare, along with Philippa's own experience and her top tips.

[learn more →](#)



Feeding Volumes & Weight Guide

Learn how much milk your baby requires at each age, in accordance with their physiological capacities - these are different to what is on formula cans.

[learn more →](#)



Natural Remedies for Vaccinations

Help your baby move through the side effects of their childhood vaccinations a lot easier by using these homeopathic remedies.

[learn more →](#)



a supportive community is key

Feel seen, heard and understood. Gain life-logical care, cue-led communication, and evidence-based practices to create natural healing pathways for your infant's overall wellbeing and Digestive Overload symptoms.

membership includes



exclusive monthly Q & A and live group coaching with Philippa
lives with maternal and mental health experts
related coaching resources to aid implementation
10% off BabyCues bestselling books
10% off your first 1:1 consultation
receive musical medicine and meditations
authentically connect with like-minded parents



FREE access is often available so do check it out and [sign up to our newsletters](#) to stay informed

Luxlife Parent & Baby Award 2023
Best Infant Digestion Platform

Luxlife Parent & Baby Award 2024
Baby Digestive Health Specialist of the Year

Love this guide, here's more

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A close-up portrait of a woman with short, wavy grey hair and green eyes. She is wearing a bright yellow, long-sleeved shirt. The background is softly blurred, showing hints of greenery and indoor lighting. Overlaid on her face is a quote in a white, elegant script font. A decorative vertical scrollwork element is positioned below the quote, and a beaded bracelet is visible on her left wrist at the bottom of the frame.

*our children ask us to
remain as close to nature as
we can for their nature*



N U R T U R E W I T H N A T U R E

join me for more tips



babycues.com

Philippa x

