

Calm^{ing} Your Baby



Normal Crying

You can always check with your doctor if you are concerned about your baby's crying.

- ◆ Happens more in the evening.
- ◆ Can last 30 minutes or longer
- ◆ Continues no matter how you try to calm your baby
- ◆ Comes and goes for no apparent reason
- ◆ Increase and peaks around 2 months of age.
- ◆ Baby may look like she is in pain, but may not be.

Why Babies Cry

*It is normal for babies to cry. This is how they communicate.
Listed below are common reasons why babies cry.
Sometimes you may not know why your baby cries.*

- ◆ Hungry
- ◆ Too hot or too cold
- ◆ Doesn't feel well or has a fever
- ◆ Wet diaper
- ◆ Wants to be held
- ◆ Overstimulated
- ◆ Tired
- ◆ Needs to be burped

Ways to Calm Your Baby

These are just a few ways that can help calm a fussy baby.

- ◆ Give baby something new to hold or play with.
- ◆ Put baby over your shoulder or across your lap and pat her back.
- ◆ Rock baby in your arms.
- ◆ Give baby a warm bath.
- ◆ Carry baby in a baby backpack, sling or wrap.
- ◆ Take baby for a ride in the car.
- ◆ Go outside or on a walk with baby.
- ◆ Let baby suck on one of your fingers.
- ◆ Skin-to-Skin contact with baby.
- ◆ Run the vacuum or other white noise.
- ◆ Swaddle baby in a baby blanket or swaddle sack up to 4 weeks of age.



Ways to Calm Yourself

Sometimes a baby won't stop crying no matter how hard you try to calm them. Here are some tips for how to remain calm in a frustrating situation.

- ◆ Take a break from the sound, making sure to set baby in a safe place.
- ◆ Call a friend or relative for advice or support.
- ◆ Listen to relaxing music.
- ◆ Take a shower or bath.
- ◆ Go for a walk or do other exercise.

Skin-to-Skin Contact

Holding your baby with your skin touching is a great way to calm baby. Skin-to-skin has many other benefits, too.

1. Undress baby so she is wearing just her diaper.
 2. Move clothing aside on your chest or tummy.
 3. Hold baby facing you and against your chest or tummy.
 4. If you want, put a blanket over you and your baby.
- ◆ It is good bonding time with you and your baby.
 - ◆ Baby may cry less and be calmer.
 - ◆ Baby will be warm next to your skin.
 - ◆ Baby will be more likely to breastfeed well.
 - ◆ Being close to your baby encourages a good milk supply.
 - ◆ It can be done during a feeding or non-feeding time.
 - ◆ Family members other than mom can have skin-to-skin time with baby, too.



Swaddling Your Baby

Babies, especially newborns, may become less fussy and sleep better if they are swaddled in a blanket.



1. With the blanket in a diamond shape, fold the top corner down as pictured. Put baby in the center with their head above the fold and

2. Put your baby's right arm against their side, slightly bent. Bring the blanket over baby's right arm and tuck the blanket securely under baby's left side.

3. Bring the bottom of the blanket up & over your baby's feet. You may tuck it in if you want.

4. Put baby's left arm against their body. Bring the blanket over baby's right arm. Tuck the blanket firmly and completely under your baby.

NOTE: Once baby can roll over or get out of the swaddle, it is no longer safe to have your baby swaddled while unsupervised.

Swaddling can make breastfeeding more difficult for babies.