

## How to Soothe your Crying Baby

### 10 useful tips

- 1.** Relax. The calmer you are the more your baby will respond. If you need to take a light calmativie like Rescue Remedy then go ahead. Do whatever works for you.
- 2.** Don't forget to hold him firmly. Support your baby's neck with your dominant hand. Use your other hand to hold him up on your shoulder and pat him firmly on the bottom.
- 3.** Shush loudly in his ear to calm him while rocking back and forth, up and down. Don't be timid. Remember it was noisy for him in the womb. Gentle swaying while you walk around also helps.
- 4.** Swaddle your baby tightly so he feels secure. Carry him in a baby sling or pouch. The motion of your body has a calming effect.
- 5.** Try to keep your baby against your body as much as possible for the first 3 months. While she is awake interact regularly with her. Make her aware that you are close. Shush loudly in her ear. Talk to her. Sing to her. Your baby will love the sound of your voice.
- 6.** Let your baby comfort himself. Pacifiers or thumb sucking are baby's calming reflexes.
- 7.** Massage your baby before her bath. Babies generally become fretful after bath time. Massage the stomach in a clockwise direction. This will soothe your baby and can also relieve stomach pain.
- 8.** Babies generally love warm water. So if nothing else works, get into a warm bath together. It'll soothe discomfort or pain and calm him down.
- 9.** Turn baby upside down with her face in the palm of your hand and her body along your arm. Gravity will help to drop her tummy and relieve her pain.
- 10.** We know that it's hard for moms to 'give over' to dad. Dad needs to try to understand and be supportive. Still, we recommend that you take turns.

