

Soothing Your Baby

Why is my baby crying?

They're Hungry: Newborns need to eat every 1-2 hours in the first few days after birth and every 2-4 hours in the weeks and months thereafter! Babies who are breastfed tend to feed more frequently as breast milk is easily digested and moves quickly through their system.

They're Uncomfortable: Whether they have a dirty diaper, scratchy tag, clothes that are too tight, illness, or some sort of injury, your baby will cry to let you know something is bothering them. Sometimes babies simply need to release tension by crying.

They need soothing: Newborns spend 9 months or more in a warm, snug environment being rocked gently by your movements and soothed by the sound of your voice. Sometimes, all they need is to feel the comfort of your closeness now that they're out in the cold, loud world.



Feed your baby slowly and burp often.

Gas in your baby's tummy can be painful! If you suspect your baby's crying is linked to feeding, talk to your baby's doctor.



It's more important to keep calm than

it is to stop the crying! Letting your baby cry for a few minutes is not harmful to them.

REMEMBER!

Never shake a baby for any reason! Shaking, even for a few seconds can cause serious and irreparable damage such as blindness, the inability to walk, learning problems, or death. Take a break, don't shake! If you begin to feel frustrated, take a 15-minute break while the baby is in a safe place.

Ways to make baby comfortable

- Skin to skin! Your heartbeat, smell, and warmth of your skin may comfort the baby.
- Check baby's diaper. Keep baby clean and dry.
- Offer the breast if you are breastfeeding, or a bottle if you are bottle feeding.
- Offer a soother or teething ring if you use them.
- Give your baby a gentle back/tummy rub.

5 S's for soothing babies

- **Swaddling:** Wrapping baby like a mini-burrito can help them feel snug and secure like they were in the womb.
- **Side or stomach position hold:** Babies often like to be held on their side or on their stomach. However, they should only be placed on their back for sleep.
- **Shushing:** Babies are often soothed by relaxing sounds! Try humming, singing, or playing white noise.
- **Swinging:** Try gentle rocking or walking with your baby. You can also wear them in a carrier/wrap or go on a ride in the car.
- **Sucking:** Sucking on a pacifier, bottle, or thumb can soothe your baby.