

Calming a fussy baby

Ideas for parents



Is your baby...



Hungry?

Know your baby's feeding cues.



Wet?

You may change between 10-12 diapers a day.



Warm or cold?

Check clothing for spit-up and leaky diapers.

If your baby is still fussy, try these soothing techniques:

Movement: rocking, swinging, swaying, bouncing, vibrations, constant motion (in a car or a stroller).

Swaddling: wrapping in a thin light-weight blanket, kangaroo care, carriers (front packs).

Sucking: comfort feeding, suckling at the breast, pacifier (once feeding has been established).

White noise: shushing, turn on a fan, vacuum, white noise machine (many phone apps are available).

Other Ideas: infant massage, gentle bum pats, a bath, loosen or tighten clothing, temperature check (too hot? too cold?), release gas by bicycling their legs, take out all stimulation (shut-off lights or find a quiet space) the "colic hold" (lay baby face-down on your forearm, cradle them close to your body, and rock them back and forth).

It's okay to let your baby cry for a bit. **Never shake them.** Talk to a doctor if they cannot be soothed, they cry for more than 3 hours out of the day, or if you are concerned.