



Calming Your Baby

In order for babies to express their feelings, wants and needs they cry. Sometimes, babies can calm themselves down or “self-soothe” by sucking on their fingers, sucking on a pacifier, or by moving around. Other times, babies need help calming down. While a crying baby can be stressful, try to remain calm and never shake your baby.

There are several things parents can do to help:

- Hold your baby close
- Provide motion for your baby (swinging, swaying, bouncing)
- Feed your baby
- Change your baby’s diaper
- Play white noise or music
- Talk or sing to him/her
- Wrap or swaddle your baby
- Put your hands on your baby’s chest or stomach
- Massage your baby
- Move him/her to another position or to another room
- Go for a walk or car ride with him/her

Remember, you can always use a combination of techniques

