

HOW TO SOOTHE A FUSSY BABY

1

Swaddling

Swaddling provides warmth and security – the same way your baby felt in the womb. For instructions on how to do it properly, see the reverse side of this handout.

2

Side or Stomach

Hold your baby on the left side to help with digestion. This also stimulates a womb-like sensation for the baby. Once asleep, place your baby on the back in their crib. The back is the only safe position for sleeping.

3

Shushing

White noise and shushing are powerful triggers for calming your baby. This imitates the noise in the womb, making your baby feel calm and safe. It works best when done loudly. Babies do not need total silence to sleep.

4

Swaying

Babies like to be rocked because this also gives them the comfort they felt in the womb. When rocking the infant, sway back and forth, in a slow and steady motion. Remember to support the head, neck, and body of the infant while swinging them. An infant swing may also be used to help soothe an infant; however, if your infant falls asleep in the swing, they need to be relocated into their crib and placed flat on their back.

5

Sucking

It is natural, and babies enjoy sucking even when they are not hungry. A baby cannot cry and suck at the same time! Offering a pacifier and/or feeding an infant that may be fussy can help to soothe them. If the infant does not take the pacifier when offered, do not force them to take it.



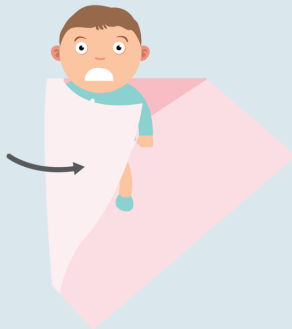
SWADDLING & SAFE SLEEP

If you are not comfortable swaddling with a regular blanket, we recommend taking a class, watching some instructional videos, and/or using Velcro swaddles.



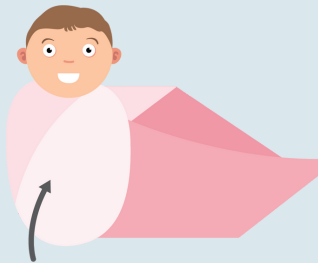
1

Lay a blanket, preferably one that is meant for swaddling, in a diamond shape. Fold the top corner down to approximately the center of the blanket. Place your baby on top, with his or her neck above the top fold.



2

Holding your baby's arm straight, pull the right side of blanket across your baby's chest and slightly down (this creates the first half of the 'V'). Tuck under left side, leaving the left arm out.



3

Fold bottom of the blanket over feet and tuck behind your baby's left shoulder and tuck the rest of the edge around the infant's arm. Make sure the blanket is not obstructing the infant's mouth or nose.



4

Pull the few inches of blanket above your baby's left shoulder down to his or her chest (this small bit forms the second half of 'V').



5

Holding this bit (from the previous step) firmly on your baby's chest, the remaining part of the blanket should be wrapped around your baby's chest, again making sure your baby's nose and mouth are not obstructed.

