

HELP - How Can I Comfort My Crying Baby?



When your baby is crying and you don't know why, here are some ideas for comforting baby - and you too!

Newborn babies and young infants need to feed quite often as their tummies are small. If soothing techniques aren't working it's quite possible that baby needed more food. Don't hesitate to try the nursing/feeding first just to be sure.

- Take some slow deep breaths to help yourself stay as calm as you can.
- Give your baby physical contact for reassurance, hold them close.
- Babies love motion and rhythm - find the rhythm or dance or motion that is right for your baby.
- If you swaddle your baby, be sure to cross your baby's arms up against their chest. Never swaddle a baby in an extended position with arms down - they are most comfortable in a flexed position.
- Learn infant massage! This can help relax both baby and parent and sometimes will prevent evening crying if done earlier.
- Take a warm bath with baby.
- If baby is sensitive to their surroundings, reduce stimulations by using low lights, turning off t.v., playing soothing music or white noise.
- Put baby into a front carrier facing in to your body, even if they cry for a bit as you put them in, once you start moving they will often settle. Going for a walk, even in the evening, with baby feeling your closeness and movement can often calm baby down.
- Some babies enjoy time in a swing.
- If baby seems gassy, lay them tummy down across your knees and gently pat their back.
- Some babies will settle if you take them for a car or stroller ride.
- Try different types of music and sing to your baby.

It is always fine to offer the breast/chest as a snack! Encouraging sucking during periods of discomfort or upset is calming and necessary for many babies. Most babies outgrow crying jags within a few months. When you pick them up to comfort them you are teaching them to trust and to feel secure. Letting them cry without at least trying to comfort them does not teach them that their world is a safe place. Responding to an infant's cry teaches that the world is responsive and compassionate and leads to self-assured, resilient, happy children.