

Helping Your Baby Feel Calm

If your baby is fussy but is not hungry, there are many things you can do to calm your baby if she is upset:

- ◆ Rock or sway with baby
- ◆ Talk softly to baby. Let her know that you understand how she feels. Baby won't understand your words, but she will understand that you love her and are trying to help her.
- ◆ Hold baby cheek to cheek.
- ◆ Swaddle your young baby.
- ◆ Try a change of scenery. Walk to another room with baby or walk outside.
- ◆ Keep your voice calm, slow and even. Breathe deeply and try to feel calm yourself.
- ◆ Carry baby in front pack or sling. Your hands will be free and being close will calm your baby.
- ◆ Turn on calming sounds that repeat like the dryer, vacuum cleaner, or running water.