



Kalamazoo CAN
(269) 552-4430
www.KalamazooCAN.com

How to Calm a Crying Baby

Keeping your baby safe and healthy is every parent's #1 priority. Keep this list on your refrigerator for easy access and never hesitate to ask for help if you need it!

Why do babies cry?

Babies cry for many reasons, sometimes unavoidably. Here are some common things to consider:

- Check their diaper. If it's soiled or wet, change it.
- Do they need to be burped?
- Are they too hot or too cold?
- Are they hungry?
- Do they have a fever?
- Hold the baby. Try different positions.
- Walk with them or rock them.
- Talk softly to them or sing.
- Play some soothing music on the radio.
- Put a ticking clock near the baby.
- Secure the baby in a car seat and go for a quiet ride.

What now? My Baby is still crying!

If you have tried these things and the baby is still crying, remember: It's OK to feel angry or upset about the baby's crying. It is not OK to hit, shake or scream at a baby. Some babies, especially babies with colic, just cry and there's not much you can do to help until you consult your child's doctor.

If you've tried everything on the list above, it's usually OK to lay them on their back or side and just let them cry until they grow tired of it. Check them regularly just to let them know that you care.

What do other parents do?

Besides the checklist above, here are some other tips from experienced parents that you may wish to try:

- Make sure the baby is not ill. Check for fever, redness, swollen gums or other unusual symptoms. If these signs are present, call your doctor or give proper care based on the symptoms.
- Put the baby in a safe wind-up swing.

(next page)

- Put the baby in a snuggly, soft and warm blanket.
- Check to make sure that the baby's clothing is not too tight and that the fingers / toes are not bent.
- Babies enjoy rhythmic noise. Turn on the dryer. Run the vacuum cleaner. Run some water in the sink or tub (but never leave a baby alone in water). Play music on your stereo.
- Talk or sing quietly to the baby.
- Offer the baby a noisy toy. Shake or rattle the toy.
- Put the baby in a soft "front carrier" close to your body and breathe slowly and calmly. The baby may feel your calmness and become quiet.
- Give the baby a clean pacifier.
- Lay the baby tummy down across your lap and gently rub or pad his / her back.
- Massage the baby's body and limbs gently, or tickle in soft circular motions around the baby's face.
- Call a friend or relative you trust to take over while you take a time out.

Whatever you do, never shake a baby!

To learn more about this topic, please call Kalamazoo CAN at (269) 552-4430 or visit our website at www.KalamazooCAN.com.