

Soothe Your Baby

The more you get to know your baby, the better you will be able to tell what your baby's crying means. You will know when your baby is hungry, hot, or tired.

But sometimes your baby will cry for no apparent reason. While it can be discouraging, these simple soothing techniques may be the solution.

Babies often like a little motion. Gently rock your baby in a rocking chair. Give them a ride in a stroller or in a car.

Or put them in a baby swing. For babies under four months, you'll want to use the lowest speed and recline the seat as far back as it will go.

Don't let your baby sleep in a swing or car seat for any length of time. If your baby is nodding off, move them to a safe sleep environment.

Babies enjoy soothing sounds. Quietly sing or talk to your baby. Turn on soft music or white noise. Sounds of a hair dryer, vacuum, or fan can have a calming effect.

Babies like to feel warm and snug. Safely swaddle your baby in a thin blanket. Stop swaddling once your baby shows signs of trying to roll over. This may be as early as 2 months old.

Try holding your baby in different positions. Some babies like it when you hold them on their side or stomach.

Using a sling may also help your baby feel secure. Or give your baby a warm bath and a gentle massage.

Never shake your baby. It can cause brain damage and even death. When you need to, take a break from your child. Have someone else like a relative or friend take over for a while.

Your baby needs all the love and attention you can share, so try different soothing techniques. Eventually you'll learn what works best for your baby, and the sound of quiet coos will be music to your ears.