

Baby Comfort Techniques



Babies love to be held



Your baby may like to be swaddled



Massage can help relieve gassy discomfort

Take Note

Why Newborns Cry

BABIES MAY CRY 1-3 HOURS EACH DAY IN THE FIRST TWO MONTHS FOR THESE REASONS:

- When there is a need such as hunger, discomfort, fatigue, or wanting to be held
- To get rid of tension
- To shut out unwanted stimulation

Respond Quickly

When you comfort and respond to your baby's cries you are not spoiling him. You are teaching him that you care, which may lead him to cry less as he gets older. It can be challenging to figure out what your baby's cries mean at first. That's okay. By responding every time he cries, you'll be better able to know what he needs and will start to come up with some of your own comfort strategies. Responding to your newborn is smart parenting!

TRY THESE COMFORT TECHNIQUES ALONE OR TOGETHER:

Holding – Babies love the warm, snug feeling of being held. Your baby can hear your heartbeat, especially when you hold her skin to skin on your chest. Try holding her in different positions, such as on her stomach or side.

Swaddling – Being wrapped securely in a blanket can also give your baby a sense of security and coziness. To swaddle, lay him down on a receiving blanket so his head is on a corner. Fold the bottom corner up over his feet. Fold one side corner around him, tucking it under his body. Fold the other side around him, tucking it into the blanket. Leave his arms in or out, whichever he prefers.

Using sound – Talking, singing, and shushing can all have a calming effect on your baby. The static of a radio or the motors of a fan or vacuum produce a sound called white noise, which also seems to be soothing.

Massaging – This caring skin-to-skin contact may also help your baby's young digestive system do its job. Always watch to make sure she likes it. A class, book, or video can help you learn more about massaging your baby.

Moving – Most babies love rocking, bouncing, walking, and swinging – or at least one of them. If you use a swing, always make sure you belt him in for safety. And never leave him unattended.

Never Shake Your Baby!

Every parent gets frustrated, but no matter how bad it gets, never, ever shake your baby. Abusive Head Trauma, also known as Shaken Baby Syndrome, happens when a baby's brain is damaged by being violently shaken or thrown. Results can be as severe as blindness, paralysis, or even death.