

# Calming a Crying Newborn



Your newborn is crying, now what? Try these quick solutions to calm him down.

## ***Hold the Baby Skin-to-skin***

Skin-to-skin contact reduces stress levels for both mother and baby (Read our handout “Skin-to-skin Contact”). When the baby is calm, then offer the breast.

## ***Let the Baby Suck***

Offer a finger (or pacifier) for the baby to suck on for a minute or two. Sucking is a way babies sooth themselves. (Read our handout “Pacifier Use”)

## ***Give a Taste***

Hand express milk from the nipple for the baby to taste. Or dribble milk over the nipple to entice him to the breast.

## ***Provide Motion***

Pick the baby up, rock, walk, bounce or dance. Babies are used to constant motion while in the uterus. Providing motion reminds them of “home”.

## ***Offer Swaddling***

Wrap the baby snugly for a few minutes (see photo)



## ***Check Baby’s Skin Temperature***

Feel your baby’s tummy and make sure he is not too hot or too cold. (Read also our handout “Keeping Your Baby Warm”)

## ***Stay Calm***

Babies are sensitive to your stress level. Remain calm and your baby may follow suit.

## ***Reduce Stimulation***

Too much stimulation, for too long, can be overwhelming for babies. Dim the lights, make no sounds and give the baby a break. Sometimes white noise like the sound of a hair dryer or vacuum cleaner helps.

## ***Burp your Baby or Bicycle his Legs***

Maybe there is a burp that needs to come up or gas that needs to go down.

## ***Do Something Different***

If none of these solutions work, distract your baby with something different. Blow in his face, sing or hum, hold him up over your head or give a bath.

## ***Watch for feeding cues for the next feeding:***

- Waking up
- Licking lips & sticking tongue out
- Sucking sound
- Rooting
- Hand to mouth activity
- Generalized body movements

Feed the baby before the last feeding cue: crying.

***You won’t spoil your baby by attending to his needs!***