



## ROBBINS NEST CHILD CARE SERVICES

Sleep Consulting and Infant Nursery

### 10 Tips to Soothe Your Crying Infant

National Center on Shaken Baby Syndrome

Many parents and caregivers ask what they can try to soothe their crying infant. The following is a list of practical things to try to calm your crying baby. It is important to remember that while many of these suggestions will work most of the time, nothing will work all of the time. When you begin to become very frustrated with a baby's crying, it is time to set the infant in a safe place and walk away.

#### Tips to Soothe Your Crying Infant

1. **Feed your baby.** Hunger is the main reason a baby will cry.
2. **Burp your baby.** Babies do not have a natural ability to get rid of air built up in their stomach.
3. **Give your baby a lukewarm bath.** A great soothing technique, but remember to never leave your baby unattended.
4. **Massage your baby.** A gentle massage on a baby's back, arms or legs can be very comforting.
5. **Make eye contact with your baby and smile.** Eye-to-eye contact with your baby when they are crying can distract and comfort them.
6. **Kiss your baby.** This can help lessen the tension during fierce crying episodes.
7. **Sing Softly.** Lullabies were created because of their effectiveness at calming crying babies.
8. **Hum in a low tone against your baby's head.** Dads usually do this soothing feature best.
9. **Run a Vacuum Cleaner.** The noise from a vacuum is referred to as white noise which is any sound that produces a loud, neutral, masking sound. Babies find these noises hypnotizing.
10. **Take your baby for a ride in the car.** The vibrations from a car have a sleep inducing effect on babies. Always make sure your baby is secure in a rear-facing car seat in the back seat.

Website

[www.robbinsnestchildcareservices.com](http://www.robbinsnestchildcareservices.com)

Phone

858.368.9221

Email

[robbinsnestccs@gmail.com](mailto:robbinsnestccs@gmail.com)



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The list above is not an all-inclusive list as there are many other things you can try to calm your baby's crying. **Remember...** while many of these techniques will work most of the time, nothing works all the time and that is okay. This does not mean there is anything wrong with you or your baby.