

Baby Comfort Techniques

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. Just make sure that you don't fall asleep and her head is turned to the side so she can breathe easily.

Swaddling – Some babies are soothed by swaddling. This is when your baby is wrapped snugly in a blanket or swaddle suit—but loose enough so he can bend his legs. Also, make sure he can move his hands to his mouth; an important hunger cue to watch for. Swaddling can increase the risk of Sudden Infant Death Syndrome (SIDS), so always put your baby to sleep on his back and stop swaddling around 2 months old, since this is when your baby could roll over.

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. If you use a white noise machine, keep it at its lowest volume.

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 the gentle motion of rocking and swaying. Sway or rock in a rocking chair as you hold your baby, wear her in a safe front carrier, go for a walk, or put her in a swing. 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.

Take Note

Why Newborns Cry

Babies may cry 1-3 hours each day in the first 2 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



Babies love to be held skin to skin



Your baby may be soothed by swaddling