

# 29 ways to soothe a fussy baby



## Are baby's basic needs met?

- Feed baby
- Change baby's diaper
- Put by down for a nap
- Burp baby

## Is baby in good health?

- Help a gassy baby
  - Bicycle baby's legs while she lies on her back
  - Lay baby down across your knee and gently rub his back
  - Ask your pediatrician about infant gas Drops
- Check for fever
  - Ask your pediatrician about infant pain reliever for fever
- Relieve teething pain
  - Offer baby a teething ring or toy to chew on
  - Ask your pediatrician about using infant Reliever teething

## Does baby want to cuddle?

- Hold baby close, possibly skin-to-skin
- Swaddle baby
- Wear baby in a wrap or carrier
- Offer baby the comfort of a pacifier

### Would baby like some motion?

- Gently bounce or swing baby
- Take baby for a walk in a stroller or baby carrier
- Go for a car ride
- Place baby in a baby swing or bouncy chair

### Does baby need some sound?

- Make a "shushing" sound close to baby's ear
- Turn on some white noise
- Play some music or sing to baby

### Is baby physically uncomfortable?

- Check baby's temperature-is she too hot or too cold?
- Undress baby, in case a clothing tag Clothing material is bothering him
- Go outside and get baby some fresh air
- See if baby is over-stimulated
  - Stop making eye contact
  - Remove toys and other stimuli
  - Dim lights
- See if baby is under-stimulated
  - Talk to/interact directly with baby
  - Show baby toys and household items
- Baby still fussy?
- Talk to your pediatrician to rule out any medical issues.