

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.

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