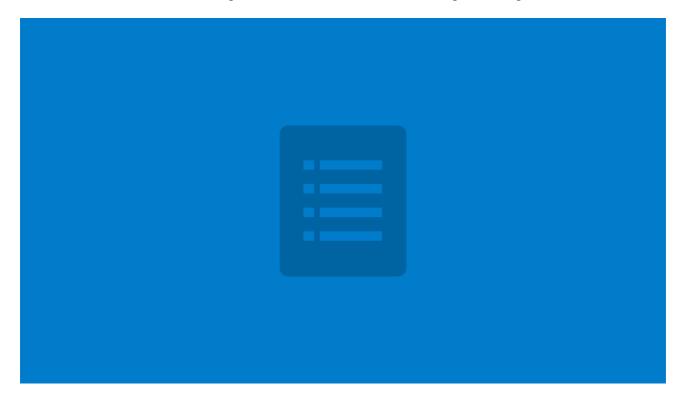
29 ways to soothe a fussy baby



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.	Make and Share Free Checklists
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