

# FUSSY BABY

## WAYS TO SOOTHE YOUR BABY

- Check their diaper to see if it's dirty, check to see if clothing is pinching them, and look at their hands and feet to make sure no fingers or toes are caught in clothing.
- "Shush" calmly in baby's ear, or hum a song with baby held close to chest so they can feel the vibration.
- Try creating "white noise" nearby, such as running the vacuum cleaner, or turn on a food mixer with a cup of white sugar.
- Swing/rock baby.
- Take a short ride in the car - motion can sometimes calm a baby.
- Massage baby gently.
- Offer a pacifier - sucking motion can be calming.
- Lay baby on stomach or side on your forearm and swing back and forth.
- Make sure room temp. is 70 degrees.
- If you cannot calm your baby, place the baby in his/her crib on his/her back and step away. It's ok for baby to cry. Take 10-15 minute break.
- Never shake your baby.
- See a pediatric healthcare provider if your baby seems too fussy.

Know when to get help from your partner, family, friend, or call a help line.

24-Hour Parent Helpline: 1-888-435-7553

Crying Baby Hotline: 1-866-243-2229

Fussy Baby Warmline: 1-888-431-BABY



For more information, go to: <http://bit.ly/1OTtU0j>