

29 WAYS TO SOOTHE A FUSSY BABY

Are baby's basic needs met?

1. Feed baby
2. Change baby's diaper
3. Put baby down for a nap
4. Burp baby

Is baby in good health?

Help a gassy baby

5. Bicycle baby's legs while she lies on her back
6. Lay baby down across your knees and gently rub his back
7. Ask your pediatrician about using infant gas drops

Check for fever

8. Ask your pediatrician about using infant pain reliever for fever

Relieve teething pain

9. Offer baby a teething ring or toy to chew on
10. Ask your pediatrician about using infant pain reliever for teething

Does baby want to cuddle?

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

Would baby like some motion?

15. Gently bounce or swing baby
16. Take baby for a walk in a stroller or baby carrier
17. Go for a car ride
18. Place baby in a baby swing or bouncy chair

Does baby need some sound?

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

Is baby physically uncomfortable?

22. Check baby's temperature—is she too hot or too cold?
23. Undress baby, in case a clothing tag or the clothing material is bothering him
24. Go outside and get baby some fresh air

See if baby is over-stimulated

25. Stop making eye contact
26. Remove toys and other stimuli
27. Dim lights

See if baby is under-stimulated

28. Talk to/interact directly with baby
29. Show baby toys and household items

Baby still fussy?

Talk to your pediatrician to rule out any medical issues.

