



When You've Tried Everything to calm your baby ...

“White Noise”

Run the vacuum, the hair dryer, or the washing machine. Put the baby in the front of the backpack and vacuum slowly and rhythmically. Put the baby's bouncy chair or seat near the dishwasher or dryer. Make sure your baby is safe and never leave unattended.

Water

Sometimes just the sound of running water calms a baby. Take your baby into the bathroom and run the shower. If you can, hold baby firmly and get into the shower with him or her. Run a warm bath and get into the bath with the baby. This will relax both of you.

Outdoors

Put your baby in the stroller or carrier and take a walk outside. Don't worry if the baby keeps crying –just keep walking. If you have a car, put the baby in the car seat buckle-up and take a nice drive.

Skin-to-Skin

Take off the baby's clothes (except diaper) and hold your baby close to your skin. If it's cold, wrap a blanket around both of you. Hum or speak in a low soothing voice. Try placing the baby on your chest or stomach, tummy down.

If you are at the end of your rope

Put your baby down in a safe place (crib, playpen, etc) and leave the room and shut the door. Take several slow deep breaths (use your Lamaze Breathing Techniques).

DO NOT LEAVE THE HOUSE, but take 5-10 minutes to let the baby cry. Call a friend or family member to see if they can come over to help. Let the father of the baby try comfort techniques.

Sometimes a baby can sense you are upset and will calm if left alone for a few minutes.

