

20 Ways To Help Your Baby Who Is Crying

1. Walk or dance with your baby.
2. Rock your baby.
3. Bounce your baby gently in your arms or on a bed. If you have a fitness ball sit on that and bounce with baby.
4. Take your baby for a ride in the stroller.
5. Take your baby for a ride in the car. Make sure your baby is buckled in his or her car seat.
6. Put your baby in a wind-up swing. Friends may have one you can borrow.
7. White noise. Turn up the music, put static on the radio, run the vacuum, run a fan or let the water run in the tub for a few minutes. It may work to tape the sound of the vacuum or water running and playing it back on a tape recorder. Iserenity.com has some white noise sounds.
8. Offer your baby a “noisy” toy; shake it, rattle it.
9. Sing or talk in a quiet, singsong way.
10. Put your baby in a soft front carrier, close to your body.
11. Lay your baby tummy-down across your lap and gently rub or tap his back.
12. Massage your baby’s body and limbs gently; use a warmed lotion if the weather is cool.
13. Try a warm bath.
14. Swaddle your baby tightly.
15. Try putting the baby in the carseat.
16. Feed and burp your baby one more time. Or offer a little warm water.
17. Offer a pacifier (the Nuk allows less air to pass in around your baby’s mouth, and so is better for a colicky baby) and hold it in your baby’s mouth if necessary.
18. Hold your baby close and breath slowly and calmly; your baby may feel your calmness and become quiet.
19. Remove yourself and let someone else take over for a while. If a family member is not available, consider hiring a sitter for a short period of time.
20. If NOTHING works, put your baby in his or her bed, close the door and check on the child every 5 – 10 minutes or so. Earplugs may muffle the crying. Your baby may fall asleep and sleep soundly after being allowed to cry. Crying may release the tension of all the new sights and sounds of the day.

All babies cry and you will soon learn how to help your baby. These are only some suggestions – you may find other activities that soothe your baby. If your baby cannot be comforted, please call us at (415) 833-2200.

A wonderful resource is the Talkline, a 24 hour parent line, at (415) 441-KIDS. Please call for support at anytime. They also provide respite services.

Compiled by Shannon Udovic-Constant, MD (inspired by Dr. Jane Anderson)