

# YOUR NEWBORN IS CRYING, NOW WHAT?



## Try these quick solutions to restore calm

- **Hold the baby skin-to-skin**

Skin to skin contact reduces stress levels for both mother and baby. When the baby is calm, then offer the breast

- **Let the baby suck**

Offer a finger (or pacifier) for the baby to suck on for a minute or two. Sucking is a way babies sooth themselves.

- **Give a taste**

Hand express milk from the nipple for the baby to taste. Or dribble milk over the nipple to entice him to the breast.

- **Provide motion**

Pick the baby up, rock, walk, bounce or dance. Babies are used to constant motion while in the uterus. Providing motion reminds them of "home."

- **Check skin temperature**

Feel your baby's tummy and make sure it is not too hot or too cool.

- **Stay Calm**

Babies are sensitive to your stress level. Remain calm and your baby may follow suit.

- **Reduce the stimulation**

Too much stimulation, for too long, can be overwhelming for babies. Dim the lights, make no sounds and give the baby a break. Sometimes white noise like the sound of a hair dryer helps.

- **Burp your baby**

Maybe there is a burp that needs to come up or gas that needs to go down.

- **Do something different**

If none of these solutions work, distract your baby with something different. Sing or hum, hold your baby up over your head or give a bath.

## Watch for feeding cues for the next feeding:

- Waking up
- Licking lips & sticking tongue out
- Sucking sounds
- Rooting
- Hand to mouth activity
- Generalized body movements

## Feed the baby before the last feeding cue...

- Crying