



## ***Hush Little Baby, Don't You Cry.....***



**Fussy babies and fussy times are difficult. It hurts to hear them cry. It's exhausting! You want your baby to be content. But, newborns are immature and have a hard time calming down. What can you do?**

### **Swaddling**

- Wrapping the baby snugly, with arms down, in a blanket provides the continuous touching and support the baby had when he was still inside of you
- Baby should not become overheated. It is unhealthy and being too hot will make him fussy

### **Side/Stomach position**

- Holding the baby on her left side or stomach helps aid digestion and provides reassuring support
- **Always** put your baby on her **back** to sleep



### **Shushing sounds**

- A shushing noise imitates the noise your baby heard inside of you and switches on your baby's "calming reflex"
- A vacuum cleaner, hair dryer or fan can produce this sound
- Purchase a CD that plays "white noise" or ocean sounds
- Once the baby is calm, hold the baby close to you and whisper or softly hum into his ear

### **Swinging**

- Your baby felt a rocking or 'up and down' motion when she was inside of you
- Your baby misses this motion after birth
- Gently rock her in your arms, side to side or up and down
- Take the baby for a bus or car ride
- **Never shake the baby**



### **Sucking**

- Sucking triggers a "calming reflex"
- Nurse the baby, your milk contains calming substances, too
- Nurse the baby again, sometimes they need "dessert"
- Allow the baby to suck on his fingers, your clean finger, or a pacifier



**Call your health care provider if you are unable to calm your baby or he continues to cry**



**Breastfeeding Awareness and Support Program  
Healthy Baby Line  
1-800-986-BABY**

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**Pennsylvania WIC Program  
1-800-WIC-WINS  
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