

Soothing Your Baby

Look over baby from head to toe to rule out physical discomfort

Rule out colic if possible

Offer baby breast or bottle to see if hungry

Check baby's diaper

Feel baby's hands, feet, chest, and back for warmth; adjust baby's clothing if necessary

If baby is hurt or sick, take appropriate steps for the situation

If baby's needs are met and he is not hurt or sick, play with or rock him

Wear your baby

Ask for help from partner, relative, friend, or neighbor if needed

If baby is fine but fussy despite efforts to comfort him, put him down in a safe spot and get a quick breath of fresh air or a moment in a quiet spot of the house

When at peace, return to baby and attempt to comfort again

