

29 ways to soothe a fussy baby

Are baby's basic needs met?

- Feed baby
- Change baby's diaper
- Put baby down for a nap
- Burp baby

Is baby in good health?

- Help a gassy baby
 - Bicycle baby's legs while she lies on her back
 - Lay baby down across your knee and gently rub his back
 - Ask your pediatrician about infant gas Drops
- Check for fever
 - Ask your pediatrician about infant pain reliever for fever
- Relieve teething pain
 - Offer baby a teething ring or toy to chew on
 - Ask your pediatrician about using infant Reliever teething

Does baby want to cuddle?

- Hold baby close, possibly skin-to-skin
- Swaddle baby
- Wear baby in a wrap or carrier
- Offer baby the comfort of a pacifier

Would baby like some motion?

- Gently bounce or swing baby
 - Take baby for a walk in a stroller or baby carrier
 - Go for a car ride
 - Place baby in a baby swing or bouncy chair
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Does baby need some sound?

- Make a "shushing" sound close to baby's ear
- Turn on some white noise
- Play some music or sing to baby

Is baby physically uncomfortable?

- Check baby's temperature-is she too hot or too cold?
- Undress baby, in case a clothing tag Clothing material is bothering him
- Go outside and get baby some fresh air
- See if baby is over-stimulated
 - Stop making eye contact
 - Remove toys and other stimuli
 - Dim lights
- See if baby is under-stimulated
 - Talk to/interact directly with baby
 - Show baby toys and household items
- Baby still fussy?
- Talk to your pediatrician to rule out any medical issues.

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