Things I Can Do When My Baby Cries

Ask Myself

- Is Baby over-stimulated?
- Is Baby too hot or cold?
- Is it time for:
  - A feeding?
  - A clean diaper?
  - The evening fussies?
- Is Baby tired?
- Does Baby need to burp?
- Is Baby teething?
- Is Baby sick?
- Do I need to lay Baby down and **calm myself**?

Try Soothing

- Pause all the activity
- Move: rock, sway, walk
- Make some white noise
- Sing or play music
- Go for a ride
- Snuggle and touch more
- Change Baby's position
- Read: rhyme and repeat

Be patient: not all soothing works all the time

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