

# Soothing a crying baby



## Is your baby hungry?

### Is your baby showing late feeding cues?

Try offering a feed, even if your baby fed recently. Some babies like to suck for comfort and might settle if offered a dummy or if their hands are near their mouth to suck.



## Is your baby uncomfortable?

Check your baby's nappy.



## Are they too warm or too cold?

If you feel hot or cold, chances are your baby does too.



## Is their clothing comfortable?

Not all baby outfits are soft and comfortable.



## Does your baby need comforting?

Rock your baby in your arms or in their cot.

Take your baby for a walk in the pram.

Make low "shushing" sounds as you cuddle your baby.

Reduce noise and lighting, maybe put on some quiet music.

If your baby seems uncomfortable, try holding them upright and patting them gently.

A warm bath for your baby can sometimes help.



## Is your baby tired?

Wrap your baby.

Turn down the lights, put on some soft music.

Rock them gently and put them in their cot before they fall asleep.

Gently pat your baby while making sure they are on their back to sleep.