

20 Ways to Cope with Crying

- ◆ Walk or dance with the baby. Try dancing to different kinds of music.
- ◆ **Rock the baby.**
- ◆ Bounce the baby gently in your arms or on a bed.
- ◆ **Put the baby in a swing.**
- ◆ Offer the baby a “noisy” toy; shake it, rattle it.
- ◆ **Carry the baby with you about the house in a soft front carrier, close to your body.**
- ◆ Sing or talk to the baby in a quiet, sing-song way.
- ◆ **Lay the baby tummy down, across your lap and gently rub his or her back.**
- ◆ Massage the baby’s body and limbs gently; use warmed lotion if the weather is cool (warm in the palm of your hands).
- ◆ **Offer a pacifier (the Nuk allows less air to pass in around the baby’s mouth so is better for a colicky baby).**
- ◆ **Take the baby for a ride in the stroller or the car.**
- ◆ Allow the baby to suck on the top third of your finger (turn your nail down so it won’t poke the roof of the baby’s mouth if he/she sucks hard).
- ◆ **Feed and burp the baby one more time.**
- ◆ Make sure the baby’s diaper is dry.
- ◆ Swaddle your baby.
- ◆ **Reduce stimulation - lights, sounds and textures.**
- ◆ Turn up the music on the radio or stereo, run the vacuum or hair dryer.
- ◆ **Give the baby a warm bath.**
- ◆ Hold the baby close and breathe slowly and calmly; the baby may feel your calmness and become quiet.
- ◆ **Remove yourself and let someone else take over for a while. If a family member is not available, consider a trusted friend.**
- ◆ Place the baby in bed, close the door and turn up the TV or radio. Take a shower to drown the noise and to relax yourself. Check the baby every 15 minutes or so for your own peace of mind.



If your baby continues to cry, please contact your physician or SCAN at 260-421-5000 for assistance.