

Hush Little Baby Don't You Cry...

Fussy babies and fussy times are difficult. It hurts to hear them cry. **It's exhausting!** You want your baby to be content. But, newborns are immature and have a hard time calming down.

What can you do?

<p style="text-align: center;">Swaddling</p> <ul style="list-style-type: none"> • Wrapping the baby snugly, with arms down or folded across the stomach, in a thin blanket provides the continuous touching and support the baby had when he was still inside of you • Baby should not become overheated. It is unhealthy and being too hot will make him fussy 	<p style="text-align: center;">Side/Stomach position</p> <ul style="list-style-type: none"> • Holding the baby on her left side or stomach helps aid digestion and provides reassuring support • Always put your baby on her back to sleep
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<p style="text-align: center;">Shushing sounds</p> <ul style="list-style-type: none"> • A shushing noise imitates the noise your baby heard inside of you and switches on your baby's "calming reflex" • A vacuum cleaner, hair dryer or fan can produce this sound • Purchase a CD that plays "white noise" or ocean sounds • Once the baby is calm, hold the baby close to you and whisper or softly hum into his ear 	<p style="text-align: center;">Swinging</p> <ul style="list-style-type: none"> • Your baby felt a rocking or "up and down" motion when she was inside of you • Your baby misses this motion after birth • Gently rock her in your arms, side to side or up and down • Take the baby for a bus or car ride • Never shake the baby
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<p style="text-align: center;">Sucking</p> <ul style="list-style-type: none"> • Sucking triggers a "calming reflex" • Nurse the baby, your milk contains calming substances • Nurse the baby again, sometimes they need more "dessert" • Allow the baby to suck on his fingers, your clean finger, or a pacifier

Adapted with permission - Dr. Harvey Karp, USC School of Medicine. Information in English and Spanish on calming techniques for fussy babies can be found at www.thehappiestbaby.com, or calling (310) 207-1111.