

Ways to Soothe Your Baby

- Hold your baby undressed next to your bare chest. Dad can do this too.
- Your baby may want to snuggle and be close to you.
- Let baby suck. Offer your breast. If not rooting or not latching, try offering baby the tip of your finger to suck on. Wait to use a pacifier until she is one month old.
- Try gently massaging your baby.
- Sing lullabies. Talk to your baby. They know and love your voice.
- Rock your baby.
- Walk baby around the room while making a shushing sound softly in his/her ear.
- Have Dad walk with baby around in the room or cuddle together in the rocking chair if it is difficult for you to get up.
- Burp your baby.
- Change the diaper.
- Try swaddling the baby, then hold and rock together in the rocker.

