

Ways to Soothe Babies

- Meet their basic needs: (feed the baby, change diaper, make sure clothing is not too tight, too hot, or too cold, burp the baby, etc.)
- Feed the baby slowly; burp the baby often



- Offer the baby a pacifier
- Hold the baby against your chest and massage, walk, or rock the baby
- Sing, hum or talk to the baby



- Take the baby for a walk outside in a stroller or for a ride in the car seat
- If you breastfeed, avoid foods that can cause the baby discomfort such as onions, beans, coffee, tea, or cola
- After immunizations, try to make the baby as comfortable as possible and give the baby any medications the doctor recommends (such as acetaminophen, etc.)
- Ask someone else to care for the baby and take a break
- If baby is not in distress, place the baby in a safe place (such as his crib) and let him cry; check on him every 5-10 minutes to make sure he is all right



- Be patient; take a deep breath and count to 10
- Call someone close to you for emotional support or call the Parent HelpLine at 1-800-FLA-LOVE
- Call the doctor if you think the baby might be sick

To continue to learn more techniques to avoid shaking a baby in anger and frustration, consider joining a parent support group or taking parent education classes.