

Things I Can Do When My Baby Cries

A gift for you from

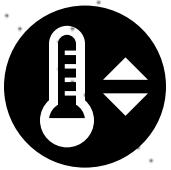


of Redwood Falls, MN

Ask Myself



Is Baby over-stimulated?



Is Baby too hot or cold?



Is it time for:
A feeding?
A clean diaper?
The evening fussies?



Is Baby tired?



Does Baby need to burp?



Is Baby teething?



Is Baby sick?



Do I need to lay Baby down
and **calm myself**?

Try Soothing



Pause all the activity



Move: rock, sway, walk



Make some white noise



Sing or play music



Go for a ride



Snuggle and touch more



Change Baby's position



Read: rhyme and repeat



Be patient:
not all soothing
works all the time