



## How to Calm a Crying Baby

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*When a baby's basic needs of food, warmth, cuddling and a dry diaper have been met, and he is still crying, try:*

- **"WHITE NOISE"** – run the vacuum, the hair dryer, or the washing machine. Put the baby in a backpack and vacuum slowly and rhythmically. Put the baby's bouncy chair or seat near the dishwasher or tumble drier (making sure she is safe and not left unattended).
- **WATER** – sometimes just the sound of running water calms a baby! Take baby in the bathroom and run the shower. If you can, hold the baby firmly and get into the shower with her! Run a warm bath and get into the bath with the baby. This will relax both of you. (If you have a baby who hates baths, or water rationing is in effect, skip this one)
- **OUTDOORS** – put the baby in the stroller or carrier and take a walk outside. If you have a car, put the baby in the car seat, buckle-up and take a drive.
- **SKIN-TO-SKIN** – take off the baby's clothes (except diaper). Hold him close to your skin. If it's cold, wrap yourselves up together. Hum or speak in a low, soothing voice. Try placing the baby on your chest or stomach, tummy down.
- **IF YOU ARE AT THE END OF YOUR ROPE** – put the baby down in a safe place (crib, playpen, etc.) and leave the room. Shut the door. Take several slow deep breaths. Do not leave the house, but take ten minutes to let the baby cry. Do something for yourself—make a cup of tea or cocoa, brush your hair, check on another child.

**Sometimes a baby can sense you are upset, which tends to escalate his crying. Calming yourself is a start towards calming a crying baby.**