

Lorain County General Health District

Fussy Baby Tips



"For The Health of Us All"

Sometimes it is difficult to know how to comfort a fussy, crying baby. Here are some suggestions to help you and your baby.

- ◆ Cuddle and hold your baby closely. The baby may feel your calmness and become quite.
- ◆ Rock, walk, or dance with your baby.
- ◆ Decrease the amount of stimulation your baby gets. For example, take your baby into a quiet, dim room.
- ◆ Change the diaper.
- ◆ Listen to soft, soothing music (classical lullaby).
- ◆ Expose your baby to white noise, ie. vacuum, dryer, dishwasher, fan.
- ◆ Take your baby for a ride in the stroller or car.
- ◆ Put your baby in a baby swing.
- ◆ Offer a “noisy” toy that shakes or rattles.
- ◆ Sing or talk in a quiet, sing-song way.
- ◆ Put the baby in a soft front carrier, close to your body.
- ◆ Lay your baby down across your lap and gently rub or pat his or her back.
- ◆ Massage the body and limbs gently using warm lotion or oil (avoiding the face).
- ◆ Swaddle your baby tightly.
- ◆ Feed and/or burp your baby.
- ◆ Offer a pacifier, holding it in the baby’s mouth if necessary.
- ◆ Give the baby a bath.
- ◆ Remove yourself and let someone else take over for a while. If a family member is not available, consider hiring Someone for short periods during the week.
- ◆ Offer a soft cloth such as a cloth diaper or a small blanket. Clothing with Mom’s smell seems to work wonders.
- ◆ Your baby may not like cuddling. Try holding your baby away from you while rocking him/her in a vertical motion in your arms.
- ◆ If your baby has a problem with passing gas, light pressure over the stomach may help relieve it. Place your baby over your shoulder, across your lap, across your arm or balance him/her across a beach ball to help relieve the gas pain.
- ◆ If nothing works, put the baby in the crib where he or she is safe, close the door and turn on the TV or radio. Take a fifteen minute break and begin at the top of this list again. Remember, some babies need to let off steam and crying is their way of doing just that.

Source: Department of Women & Infant Nursing
The Ohio State University Medical Center

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