



Homebirth Services in Central Vermont

Crying Baby? A Guide to Coping

The suggestions on this checklist are all ways in which parents have helped soothe their babies or cope with excessive crying. You may find that some of them work for you.

Is your baby hungry?

Offer your baby your breast

Is your baby in pain?

Offer the breast

Try gentle massaging of baby's tummy

Change the baby's position

Pick baby up and walk about. A sling can be very helpful

Try gently rocking up and down

Is baby tired but fights sleep?

Offer breast

Try rocking baby horizontally in your arms or in the pram

Try a rocking or swinging cradle

Try a quieter room

Darken the room lights or close the blinds

Use a baby soother cassette or sing/talk softly to your baby

Some very quiet background noises may soothe baby

Try ticking clocks or a hair dryer in the other room

Check that baby is indeed comfortable: too hot or cold?

Car rides, a walk outside or ride in a pram may help baby fall asleep

Let baby sleep in fresh air

Try a warm bath

Is baby fighting at the breast?

Check baby's position at the breast. Most of your nipple should be inside the baby's mouth.

Check your baby's nose is free of the breast. (Head should be tilted back slightly)

Let baby suck on your pinky and substitute breast quickly

Check to see if baby's nose is blocked with secretions. Gently clear secretions if necessary

Try changing feeding position: eg: sitting up, lying down, football hold, laying in bed, more pillows

Is there too much milk? If so, express some before feeds or feed on one breast, changing sides at each feed for a few days.

Is baby uncomfortable?

Check for wet/dirty diaper

Leave diapers off or try a different kind

Check for diaper rash

Check for constricting clothing or clothing rash

Check baby's temperature by feeling tummy and dress/undress accordingly

Sensitive baby?

Handle and talk to the baby gently and quietly

Do not overwhelm baby with stimulation

Try quiet environments. Try to keep to a routine and limit the number of visitors



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Is baby generally cranky?

Talk to your baby

Engage your baby: use toys or safe household objects

Try using a sling to carry baby around

Take baby outside-fresh air and different noises can help

Visit a friend

Comfort by gentle rocking movement or soothing noise

Feed your baby

Massage baby/give a warm bath

Consider homeopathic remedies for baby

Consider bodywork for your baby from a professional Cranial Sacral Therapist or osteopath with pediatric experience

Still crying?

Put the baby down, shut the door, walk out of the room for a break

Ask someone else to take the baby to give you a break

Use any time away from baby to look after yourself. Eat well and unwind-take a soothing bath

Phone your midwife, friend or relative...it can be very difficult at times