

# Nurturing Babies



## 9 Ways to Soothe a Crying Baby

**Meet the baby's basic needs.** Try feeding the baby; see if it needs a diaper change, or to be burped. Is the baby too hot or cold? Check the clothing for comfort.

**Is the baby sick?** Check the baby's temperature. Is it 100.5° or over? Is there vomiting or diarrhea? If so, call your doctor.

**Hold the baby close** and gently massage him/her.

**Rock, walk, or dance** with your baby, or try a swing or bouncy chair.

**Sing and or talk to your baby**

**Hold baby and breath slowly and calmly** the baby may feel your calmness and become quiet.

**Lower any surrounding noise or lights.**

**Call a friend or relative** who is good at caring for babies and ask for help.

**When nothing else works** put the baby down in a safe place, like a crib, give yourself a break and leave the room. Check on the baby every 5-10 minutes.

Remember:

**NO BABY HAS EVER DIED FROM CRYING!**

# Managing Stress

**A baby brings an unlimited amount of love, joy, and happiness into your life. Unfortunately, a baby can also bring a lot of stress! Even the most patient parents can feel stress when caring for an infant who needs constant attention and care! If you feel your stress level increasing, here are some ways to cope:**

## How to Parent Babies Safely

### Walk Away

Put the baby in a safe place, like a crib, and leave the room. It's okay to let the baby cry!

### Move Your Body

Regular exercise releases endorphins, a chemical in the brain that can improve your mood and make you feel less stressed!

### Breathe Deeply

Take slow, deep breaths to slow your hear rate and reduce tension.

### Make Time for Yourself!

Keep your stress levels low by setting aside time each week to do an activity that is just for you. Whatever you enjoy, do it!

### Smile

Studies show that smiling and laughing make you feel better.

### Call a Friend

Calling a friend allows you to vent when you are frustrated.

### Ask for Help

Just ask. Friends, neighbors, relatives, and professionals are a great help when things get tough.



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