

When Baby Cries . . .

A ir	Try burping	O vertired	Baby may just need to cry a bit before sleeping
B athe	Distract and relax	P acifier	Some babies need to suck and be soothed
C ar	Take a drive	Q uiet	Quiet whispering near their ears – tell them a story
D iaper	Check it	R ocking	Use a rocking chair or gentle swaying motion
E xercise	Gentle movements of arms and legs	S waddling	Gently wrap in a blanket with arms tucked in close to their body
F ood	May be time for a meal	T rade	Let someone else hold baby while you take a break
G rowth spurt	More frequent meals for now	U ncomfortable	Provide a change of position
H olding	Face baby frontward, walk around holding over your shoulder	V itamins	The taste may surprise them
I magination	Use your imagination to distract	W alk outside	The breeze and sounds will refresh both of you
J oy	When you are stressed, remember the joyful times	X tra clothes	Too hot or too cold?
K iss	Kiss tummy or toes to play	Y ou	Caring for a baby is frustrating somedays. Talk to someone!
L ight	Try a change of scenery. May need the room lighter or darker to sleep.	Z oom	Zoom baby around in a stroller outside or use it inside to rock
M usic	Radio, music box, mobile or singing		
N oise	Repetitive noise may soothe (dishwasher, fan, washing machine)		