

COPING WITH CRYING

1. Walk with the baby.
2. Rock the baby.
3. Dance with the baby.
4. Bounce the baby gently in your arms or on your knee.
5. Take the baby for a stroller ride.
6. Take the baby for a ride in the car.
7. Let the baby sit in a baby swing.
8. Provide white noise for the baby (radio or vacuum).
9. Divert the baby's attention with a toy.
10. Sing to the baby.
11. Rub the baby's back.
12. Massage the baby with a warmed lotion.
13. Wrap the baby snugly in blankets (swaddle).
14. Feed the baby.
15. Burp the baby.
16. Give the baby a pacifier.
17. Turn off the lights and gently rub the baby's back.
18. Let someone else tend the baby for a while.
19. Turn on the television so the baby can look at it for a few minutes.
20. Take the baby outside for a breath of fresh air.
21. Turn on a music mobile or music box.
22. Change the baby's diaper.
23. Give the baby a warm bath.
24. Lay down and place the baby on your stomach/chest and rub his/her back.
25. Make sure the temperature of the room is comfortable.
26. After checking to make sure the baby is not hungry, wet, or in danger, place him/her in the crib, close the door, and call a friend to talk for a minute. Be sure to check the baby at least every ten minutes.