

STRATEGIES SOME OTHER PARENTS FOUND HELPFUL TO SETTLE OR SOOTHE THEIR BABY

HOLDING THEIR BABIES

“At times I found when I cuddled her tight and rocked her, wrapped her in a blanket ... she'd settle a little bit better and then she would drift off in my arms and if I moved she would wake again.” *(Ashley)*

“Sometimes as well, this is as he is getting more and more worked up ... just lie him down on his play mat, and then he would seem to settle himself sometimes.” *(Alison)*

CARRYING THEIR BABIES

“He was usually just happy like facing outwards, me carrying him around and that, that would be it, that's all he wanted to do...” *(Megan)*

USING A BABY SLING

“And the sling ... I think that can give you a lot of sanity ... I think the sling is probably a really good idea.” *(Aisha)*

“I used to have to carry her constantly... she was one of these that was permanently attached to me, so the Baby Bjorn has had its wear out of it, it was worn all the time and it was the only way I had some independence because I had to go out and that was the only thing that worked.” *(Sharmila)*

GOING FOR A DRIVE

“I used to go out just driving.” *(Lauren)*

GETTING A CHANGE OF SCENERY

“I remember that used to work sometimes, a change of scenery, just taking her out into a different room she would stop crying for a little while or, if I took her out into the outside that'd calm her down for a little while.” *(Sharmila)*

“Changing the environment with Gina sometimes, she can be having an absolute tantrum ... you step outside into the fresh air, you know, even if it's a temperature change of 5 degrees or it's a bit blowy, she stops (clicks fingers) like that ... it's almost shocked into “okay I'll stop that then”. *(Tim)*

STIMULATING THEIR BABY

“She used to really like baby books with spirals and things like that, so I would sometimes show her those and stand there and just trying to keep her stimulated so she stops thinking about whatever she is feeling and that used to keep her going for a little while.” *(Sharmila)*

USING WHITE NOISE

“I found that with James putting the Hoover on would settle him a little bit, a little bit of background noise.” *(Alison)*

“It is thought that the sound of white noise can be comforting to infants as the sound can remind them of their time in the womb. Some of the sounds parents often say are effective are: fans, vacuum cleaners, washing machines and aeroplanes.” *(Tara)*

USING MUSIC AND SINGING

“Your baby loves to hear your voice and repetitive nursery rhymes can help them to engage with their parent.” *(Tara)*

GIVING THEIR BABY A BATH

“Warm water can help your baby to relax and also remind them of those familiar sounds they heard while in your tummy.” *(Tara)*

GIVING IT A LITTLE TIME TO SEE IF SOOTHING TECHNIQUES WORK

“When I was trying different soothing techniques, I would be in a frenzy almost, rushing through them, trying anything and everything to stop my baby from crying. I now know that I was going through them that quick, I was unsettling my child more.” *(Tara)*

BUT REMEMBER - WHAT WORKS ONE TIME MIGHT NOT WORK ANOTHER...

“That’s such an important thing to recognise, is that you know what might work between weeks one and seven totally doesn’t, because they’ve moved on from then... you think you’ve got it nailed for a period of time. It’s like “Yes! We’ve had 6 hours unbroken sleep, brilliant” and then the wheels fall off ... and again knowing that they’re gonna just be up and down like a yoyo is actually quite helpful because you think “okay I haven’t failed, I’m not doing anything particularly wrong, we’ll carry on and in 3 weeks’ time they’ll probably be through that phase and they’ll be in a slightly different phase”. Until eventually it does all start settling down.” *(Tim)*