



SETTLING AND SOOTHING CHECKLIST

The List below may seem obvious, but checking you've tried these things can reassure you the crying is not your fault.

Things to check and try:

Your baby is hungry and wants to be fed

Responsive feeding (also known as 'feeding on demand' or 'infant-led feeding') is usual at first. After a while, you and your baby will probably work out a routine.

Your baby needs comfort or attention

Try holding your baby in the cradle position or upright cuddled into your shoulder. Gentle rocking, walking and singing or talking can also be soothing. The video on the 'settling and soothing your baby' page of the website gives some advice from a Health Visitor on different soothing techniques. It may take a while to work out which position your baby prefers.

"Make sure you give each approach a few minutes to work as it can be easy to change too quickly if you are feeling stressed. If crying still continues after a few minutes try another"

Sandra Martin – Senior Lecturer and Health Visitor

Your baby has wind

Sit or hold your baby upright. Gentle massage your baby's back.

Your baby wants to suck

Some babies like to suck even when they are not hungry. Giving a dummy, or helping your baby to find a thumb or fingers may help. A dummy is perfectly safe at this age.

Your baby's nappy is dirty

This will be uncomfortable if left and may lead to skin rash.

Your baby is tired and wants some sleep

Babies sometimes fret for a few minutes before they settle to sleep.

Your baby is too hot or cold

Check the room temperature and check your baby's temperature (see the 'Health Checklist' on the website for how to do this).

Your baby is constipated.

Babies vary a lot in how often they poo. If you are worried about this, check your baby's health more generally by looking at the 'Health Checklist' on the website.



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