



## Fussy Baby Ideas

Contact, carry, walk, and talk are age-old baby soothers. Here are some variations on those from mothers who've been there:

- Magic Baby Hold
- Low lights and soothing motions, if the baby isn't totally wound up.
- A shared bath with low lights (best if you have someone there who can console the baby while you get the bath ready). For a baby who isn't in total distress.
- A little jounce rather than swaying. Put a little bump in your walk.
- Dancing together vigorously, especially once you find his favorite music.
- Running water, radio static, or a vacuum or washer as white noise.
- Change of scenery— a different room, a different angle, outdoors.
- Shopping! A car ride and other people/sights may break the spell.
- Bouncing on an exercise ball or birthing ball while you hold her.
- A walk outdoors, if weather permits, with your baby in a sling. Often soothes the baby and you get some exercise! The baby can even nurse discreetly in the sling while you walk.
- Nursing the baby again. Hunger isn't always the initial problem, but nursing almost always ends up being the solution; nursing is soothing to your baby.

### What works for you?

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