

# SSSSSSSSSSSSoothing your Infant



**S**tay away from formula (Formula fed infants are usually more fussy!)

**S**ucking (Hungry? Did baby feed in the last 2 or so hours?)

**S**hi shi (Does the baby have a dirty diaper?)

**S**waddling (Snug swaddle is critical, if arms are pushing out then the swaddle is not secure enough)

**S**ide or Stomach position (Younger infants enjoy being held on their side and older infants often want some variety like facing down or outwards)

**S**hhhhh or Sing (Be consistent with your sounds/songs)

**S**winging (Get the eyes going up and down, this will encourage them to close)

**S**ushi Roll (Babies older than 1 month, but be gentle!)

**S**nack (Sometimes if you are really close then a quick breastmilk snack will do the trick)

**S**tart Again (Nothing can ruin your soothing tricks like a wet diaper that occurs 2 minutes after you checked the diaper)

**S**upport (Have at least 1 other person that can help you if your baby is fussy)

Other tips: white noise maker, dark room, bath time, soothe outside, walk at the beach.

Break!!! (If you are frustrated or angry then put your baby down, take a breather in another room for 5-10 minutes before continuing with the SSSSoothing)

If your baby seems to be unusually fussy and will not console with the SSSSoothing techniques or feeding then please call for help.

Good Luck!!!