

## Information for breastfeeding families



# *Your Newborn is Crying, Now What?*

## *Try these quick solutions to calm him down*

### ➤ **Hold the baby skin to skin**

Skin to skin contact reduces stress levels for both mother and baby. When the baby is calm, then offer the breast

### ➤ **Let the baby suck**

Offer a finger (or pacifier) for the baby to suck on for a minute or two. Sucking is a way babies sooth themselves.

### ➤ **Give a taste**

Hand express milk from the nipple for the baby to taste. Or dribble milk over the nipple to entice him to the breast.

### ➤ **Provide motion**

Pick the baby up, rock, walk, bounce or dance. Babies are used to constant motion while in the uterus. Providing motion reminds them of "home".

### ➤ **Offer swaddling**

Wrap the baby snugly for a few minutes

### ➤ **Check his skin temperature**

Feel your baby's tummy and make sure he is not too hot or too cool.

### ➤ **Stay Calm**

Babies are sensitive to your stress level. Remain calm and your baby may follow suit.

### ➤ **Reduce the stimulation**

Too much stimulation, for too long, can be over-whelming for babies. Dim the lights, make no sounds and give the baby a break. Sometimes white noise like the sound of a hair dryer helps.

### ➤ **Burp your baby or bicycle his legs**

Maybe there is a burp that needs to come up or gas that needs to go down.

### ➤ **Do something different**

If none of these solutions work, distract your baby with something different. Blow in his face, sing or hum, hold him up over your head or give a bath.

## *Watch for feeding cues for the next feeding:*

- Waking up
- Licking lips & sticking tongue out
- Sucking sounds
- Rooting
- Hand to mouth activity
- Generalized body movements

## *Feed the baby before the last feeding cue...*

- Crying

*You won't spoil your baby by attending to his needs!*