

15 Ways to Soothe a Fussy Baby

1. Get moving! Many babies respond positively to motion. Try rocking, walking or slow dancing with baby.
2. Place baby in a wearable sling or carrier, and go about your business. Baby may find your proximity calming. And because your arms are free for other activities, it may help you maintain your own composure.
3. Play soft, calming music. Dim the lights, lower your voice, and put on a collection of lullabies or classical music. Nature sounds work well, too. It will calm both of you.
4. Get good vibrations! Many parents swear by vibrating baby rockers and carriers.
5. Try a change of scene. Tour the backyard, take a walk or a jog, or take a ride in the car.
6. Change baby's position. Some parents suggest lying baby face down across your lap, with a warm towel placed underneath.
7. Give baby a gentle massage. Babies crave human touch; some find massages truly relaxing.
8. Give baby a warm bath.
9. Try distracting your infant with a mirror or a drawing of a human face.
10. Allow baby comfort sucking. Offer baby a pacifier, your finger or her fist.
11. Try swaddling. Some babies love to be swaddled because it reminds them of the womb.
12. Run your appliances. White noise really works! A number of parents report that vacuum cleaners, dryers and dishwashers soothe their cranky infants.
13. Put your clothes dryer to work. Buckle your baby securely in his baby seat and place it on top of your operating clothes dryer, holding firmly onto the seat. (NEVER let go of the seat or leave baby unattended.)
14. Lie your infant down under a slowly circulating ceiling fan. The combined motion and sound may calm her.
15. If nothing works, lay baby in her crib for a while. Sometimes, all your "soothing" may actually only stimulate her further. You can go in every few minutes, offer reassurance and check on your infant. Taking a mini-break can be good for both of you.