

# Comfort methods can sometimes soothe the baby and the crying will stop.

Babies can cry for different reasons like when they are hungry, wet/dirty or if they are unwell. Sometimes babies can cry for no particular reason.

Check these basic needs and try some simple calming techniques. Some of these will work for your baby, some may not work and some may increase the crying. Something that worked for your baby yesterday, may not work today. It can be so frustrating but it really is just about staying calm, knowing your baby, understanding this is normal and you are not a bad parent, and that this is a phase that will pass.

## TRY THESE



Talk calmly to your baby. Stroke them gently. Try placing your baby face down on your lap, or hold them against you and try stroking their back rhythmically.



Hum or sing to your baby. Let them hear a repeating, constant and soothing sound. Classical music, including piano and guitar, can sometimes soothe some babies.



Hold them close – skin to skin.



Go outside with your baby and walk them in a pram or in a baby sling. The rocking motion can be very soothing for a baby. If you can't go outside try a gentle rocking motion inside. Walk around whilst gently rocking your baby.



Sucking can help relieve a baby's distress. If offering the breast is not possible, a dummy can soothe a baby and can be given from 4 weeks onward for babies where breastfeeding is established or at any time if the baby is formula fed.



Try giving them a warm bath.

## When should you worry about a baby's crying?

Medical professionals will always be prepared to see your baby if you have serious concerns. You should seek professional or medical help if you notice your baby has any of the following:

- A fit (seizure or convulsion);
- A cry that doesn't sound normal, like a very high-pitched cry;
- Breathing is a struggle or noisy or unusually fast;
- Skin is greyish, mottled, blue or unusually pale;
- When you check their temperature it is high:
  - Babies UNDER 3 months: 38° C/ 100.4° F;
  - Babies BETWEEN 3 – 6 months: 39° C/ 102.2° F;
- A rash that does not fade when you press a glass against it.

More information can be found here:

[https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19\\_advice\\_for\\_parents\\_when\\_child\\_unwell\\_or\\_injured\\_poster.pdf](https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf)

Not all of these will work all of the time but remember, that's OK.



Stay calm, this phase will pass.