

TIPS



TRICKS FOR SOOTHING A FUSSY NEWBORN



1. TRY THE 5 S'S: SWADDLE, HOLD ON THEIR SIDE, SHUSH, GENTLY ROCK, OR OFFER A PACIFIER
2. CHECK BASIC NEEDS: ENSURE THEY'RE FED, DRY, COMFORTABLE, AND NOT OVERTIRED.
3. SKIN TO SKIN CONTACT: HOLD YOUR BABY CLOSE TO CALM THEM.
4. CHANGE THE ENVIRONMENT: GO OUTSIDE, OR USE A BABY CARRIER.
5. USE CALMING SOUNDS: WHITE NOISE, GENTLE SINGING, OR A QUIET CAR RIDE CAN WORK WONDERS.