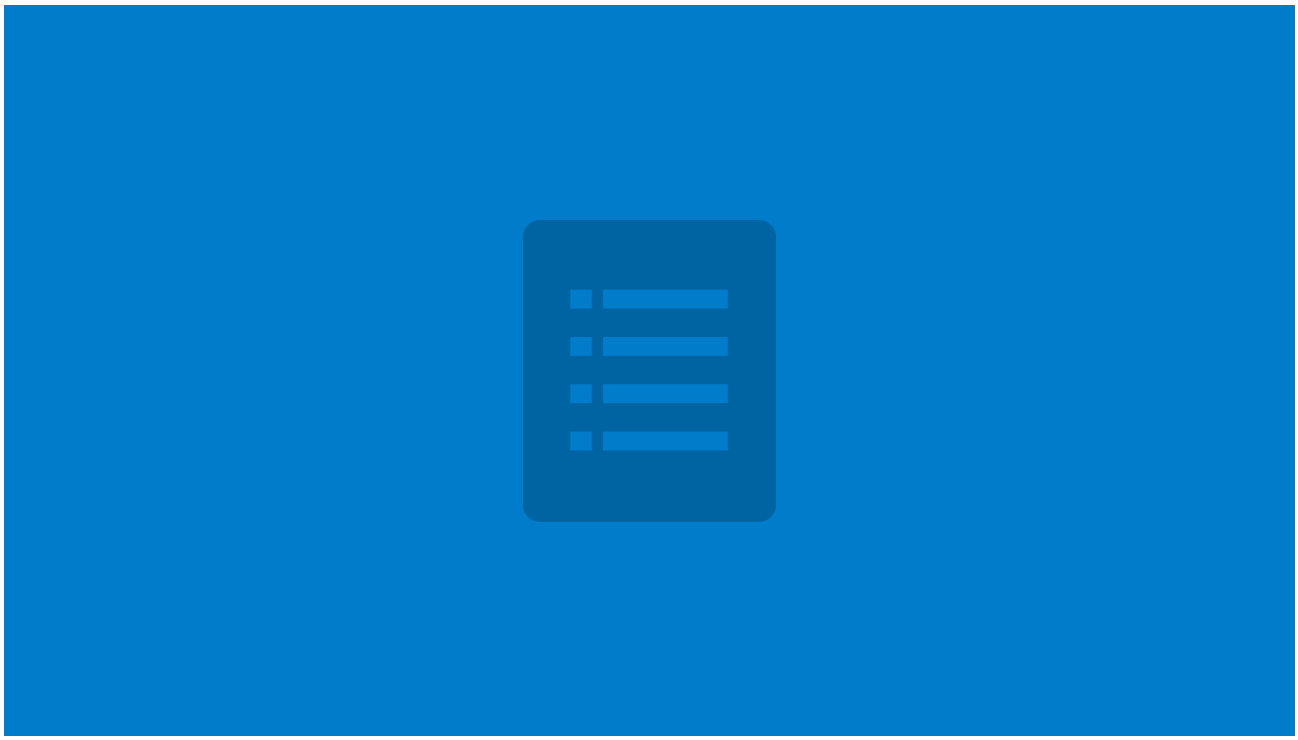
29 ways to soothe a fussy baby



Are baby's basic needs met?

- [ ] Feed baby
- [ ] Change baby's diaper
- [ ] Put by down for a nap
- [ ] Burp baby

Is baby in good health?

- [ ] Help a gassy baby
  - [ ] Bicycle baby's legs while she lies on her back
  - [ ] Lay baby down across your knee and gently rub his back
  - [ ] Ask your pediatrician about infant gas Drops
- [ ] Check for fever
  - [ ] Ask your pediatrician about infant pain reliever for fever
- [ ] Relieve teething pain
  - [ ] Offer baby a teething ring or toy to chew on
  - [ ] Ask your pediatrician about using infant Reliever teething

Does baby want to cuddle?

- [ ] Hold baby close, possibly skin-to-skin
- [ ] Swaddle baby
- [ ] Wear baby in a wrap or carrier
- [ ] Offer baby the comfort of a pacifier

Would baby like some motion?

- [ ] Gently bounce or swing baby
- [ ] Take baby for a walk in a stroller or baby carrier
- [ ] Go for a car ride
- [ ] Place baby in a baby swing or bouncy chair

Does baby need some sound?

- [ ] Make a "shushing" sound close to baby's ear
- [ ] Turn on some white noise
- [ ] Play some music or sing to baby

Is baby physically uncomfortable?

- [ ] Check baby's temperature-is she too hot or too cold?
- [ ] Undress baby, in case a clothing tag Clothing material is bothering him
- [ ] Go outside and get baby some fresh air
- [ ] See if baby is over-stimulated
  - [ ] Stop making eye contact
  - [ ] Remove toys and other stimuli
  - [ ] Dim lights
- [ ] See if baby is under-stimulated
  - [ ] Talk to/interact directly with baby
  - [ ] Show baby toys and household items
- [ ] Baby still fussy?
- [ ] Talk to your pediatrician to rule out any medical issues.

Make and Share Free Checklists
checkli.com