

Do Not:

Put baby on top of working washer or dryer - she can fall off and get hurt

Use any kind of bag heated in the microwave - she can get burned

NEVER SHAKE YOUR BABY



Many babies with colic will cry no matter what you do! **GET SOME HELP.**

Give baby to someone else to hold. If you can't find anyone, it is okay to put her on her back safely in her crib and take a break.

Don't lose hope! All babies outgrow colic. Your sweet baby will be back to herself again soon.



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Version française disponible



How^{to} Soothe Your Baby



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Babies cry a lot!

There are lots
of reasons for this:

Hunger is the most common cause of crying. If baby ate only one hour earlier she is probably not yet hungry. If she was fed two or three hours earlier she may be hungry again.

Sometimes babies just **need to suck**. Sucking relaxes babies. But be careful not to overfeed her.

Being too hot or too cold, can cause baby to cry. A good hint is to dress her in the same number of layers of clothing that you are wearing, plus one extra layer (such as a blanket or sweater).

Discomfort can cause baby to cry. Check for roughness, pinching or pointy edges in her clothes, seat or diaper. Check if her diaper is wet or dirty. Make sure she is not sick or having a fever.



Gas pains also cause crying. Burp baby well after every feeding. Hold her against your body and rub her back. Try walking around the room with her.

Babies **need to be held**. Do not believe anyone who says that by picking up a crying baby you are teaching her that crying “pays off”. You cannot “spoil” a baby or child by holding and cuddling her.

Boredom can cause crying. Babies need activity and new things to look at once in a while. But beware of **over-stimulation**. Too much noise can also cause crying.

Your baby may have **colic**. Colic is the name for long crying spells that happen in some babies between the ages of 3 weeks and 3 months (usually in the evenings).

If your baby has **colic**, you can try:

- ▶ Cuddling in a rocking chair or rocking him in a cradle.
- ▶ Carrying him in a front carrier or sling.
- ▶ Using a baby swing, “bouncy” seat, or hammock.
- ▶ Going on a stroller, sled or car ride.
- ▶ Giving a warm bath, massage.
- ▶ Singing and playing music.
- ▶ Wrapping him in a warm blanket, swaddling cloth or moss bag.

If you are breastfeeding, changing what you eat may help your baby; you can try:

- (1) Stopping caffeine, cabbage, cauliflower, broccoli, and onion. Stop these foods one at a time to see if it helps.
- (2) Stopping milk and other dairy products.

Speak to the clinic about how to replace these foods.