

Welcome to the World of Parenting!

Newborns are delightful – and tiring.

Baby crying again?

Here are some things to keep in mind:

- Newborns may sleep only a few hours at a time.
- A newborn's ability to hear, see, smell, and feel grows every day.
- Parents can help crying babies calm down by making them feel warm, close, and comfortable – just like it was in the womb.
- Since all parents can get upset from crying babies, it's important to know when and how to ask for help.
- Friends and family can share the delight – and the work – of caring for newborns.

Here are some things you can do:

- Pick up your baby and hold close to you; hum, sing or shush your baby.
- Check if baby needs to be changed, fed and/or burped.
- Check if baby is too hot or too cold.
- Make sure baby's clothes fit comfortably.
- Swaddle (wrap) your baby tightly in a blanket.
- Play white noise (radio or TV static, fan, vacuum) as loud as baby's cry.
- Rock gently or use a baby swing.
- Offer baby something to suck (breast, finger, pacifier).

If the crying is getting on your last nerve, it's OKAY to swaddle and place your baby face up in the crib, turn on strong white noise, and walk away for 5 to 10 minutes.

Find someone to talk to. Calm down.

Then check on your baby.

Never yell at, hit or shake your baby!!



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