

## **BABY-CALMERS**

AskDrSears.com

- Wearing baby in a sling
- Snug bundling if baby flails and disturbs herself
- Dancing with baby
- Swinging baby
- Car rides
- Pushing baby in a carriage
- Taking a walk
- Nursing while walking with baby
- Draping baby over a beach ball- tummy on ball
- Comfort sucking: nursing, pacifiers, sucking on the move
- Music, tapes of womb sounds, heartbeats
- Echo baby's cry
- Tape recordings of baby's own cries
- Tick-tock of clock or pendulum swing of grandfather clock
- Singing lullabies
- Vibrating, humming gadgets wrapped in diaper or blanket or vibrating seat
- Running water
- Tape of environmental sounds
- Metronome
- Ceiling fan; bathroom fan
- Sounds of vacuum cleaner, dishwasher, washer-dryer, air conditioner
- Show baby your "silly face"
- Looking in the mirror
- Fire in fireplace (do not get too close or let baby overheat)
- Gazing at traffic
- Watching parent on exercise machine
- Infant massage
- Neck nestle –baby is under neck and can feel vibrations of voice
- Nestle nursing
- A warm bath together
- Eliminating bothersome foods from mother's diet if breastfeeding, or changing formula
- Slowing down mother's lifestyle and changing her expectations
- Creating the most peaceful home environment.