

20 Ways to Cope with a Crying Child

1. Walk or dance with the baby.
2. Rock the baby.
3. Bounce the baby gently in your arms or on a bed.
4. Take the baby for a ride in the stroller.
5. Take the baby for a ride in the car.
6. Put the baby in a wind-up baby swing.
7. Make some noise...turn on music, run the vacuum or let water run the tub for a few minutes.
8. Offer the baby a noisy toy. Shake it, rattle it.
9. Sing or talk in a quiet, singsong way.
10. Put the baby in a soft front carrier, close to your body.
11. Lay the baby's tummy down across your lap and gently rub or tap their back.
12. Lay the baby across a warm hot-water bottle on your lap or on a bed.
13. Massage the baby's body and limbs gently; use a warmed lotion if the weather is cool.
14. Swaddle the baby tightly.
15. Feet and burp the baby one more time, offer a little warm water in a bottle.
16. Offer a pacifier.
17. Hold the baby close and breathe slowly and calmly; the baby may feel your calmness and become quiet.
18. Cross the baby's arm across the chest and hold them on the bed with gentle, firm pressure.
19. Remove yourself and let someone else take over for a while.
20. If nothing works, put the baby in their bed, close the door and turn up the TV or radio.
Check the baby every 10-15 minutes.