



## Information for Breastfeeding Families

# Your Newborn is Crying, Now What?

Try these quick solutions to restore calm

### Hold the baby skin-to-skin

Skin to skin contact reduces stress levels for both mother and baby. When the baby is calm, then offer the breast

### Let the baby suck

Offer a finger (or pacifier) for the baby to suck on for a minute or two. Sucking is a way babies soothe themselves.

### Give a taste

Hand express milk from the nipple for the baby to taste. Or dribble milk over the nipple to entice him to the breast.

### Provide motion

Pick the baby up, rock, walk, bounce or dance. Babies are used to constant motion while in the uterus. Providing motion reminds them of "home."

### Check skin temperature

Feel your baby's tummy and make sure it is not too hot or too cool.

### Stay Calm

Babies are sensitive to your stress level. Remain calm and your baby may follow suit.

### Reduce the stimulation

Too much stimulation, for too long, can be over-whelming for babies. Dim the lights, make no sounds and give the baby a break. Sometimes white noise like the sound of a hair dryer helps.

### Burp your baby

Maybe there is a burp that needs to come up or gas that needs to go down.

### Do something different

If none of these solutions work, distract your baby with something different. Sing or hum, hold your baby up over your head or give a bath.

## Watch for feeding cues for the next feeding:

- Waking up
- Licking lips & sticking tongue out
- Sucking sounds
- Rooting
- Hand to mouth activity
- Generalized body movements

## Feed the baby before the last feeding cue...

- Crying

**You won't spoil your baby by attending to needs!**