



Baby 'n Me

Ways to Awaken or Soothe Baby

Ways to Wake Up a Sleepy Baby

Variety helps awaken

- ♥ Take blankets off
- ♥ Undress baby a little
- ♥ Put your face close and talk gently
- ♥ Make your voice high or low
- ♥ Give your baby something to grasp or suck
- ♥ Sit baby up
- ♥ Put baby on your shoulder
- ♥ Talk fast or talk slow
- ♥ Rub your baby's stomach gently
- ♥ Rub your baby's head

Ways to Soothe a Fussy Baby

Repetition (and boredom) help to soothe

- ♥ Talk to your baby in a steady, soft voice
- ♥ Show your face
- ♥ Gently hold both of your baby's arms close to his or her body
- ♥ Allow your baby to suck on a pacifier
- ♥ Hold baby close
- ♥ Sing or hum a lullaby
- ♥ Wrap your baby snugly in a blanket
- ♥ Stroke one area of your baby's body such as the head, foot, back



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