



Soothing 'Your Baby

<p>Swaddling</p>	<p>Swaddling provides newborns with a sense of security and comfort as this is the position they were cocooned in while in the womb.</p> <p>You will need a thin large square blanket (wrap) to do this:</p> <ul style="list-style-type: none"> • Spread the blanket on a flat surface and fold down the top corner. • Lay your baby on his back. Put the baby in the middle of the blanket, with his head on the fold. • Wrap one side of the blanket over the baby, tucking the end under his back beneath his opposite arm. • Pull the bottom of the blanket up and over the tummy. • Bring the other side of the blanket over your baby and tuck it under his back. • Make sure it is not too tight, but not so loose that it will fall apart once he moves.
<p>Bonding</p>	<p>Enjoy bonding time with your baby by holding him close to your chest, cuddling or giving him a light massage. Giving your baby a massage after his bath each evening before he goes to bed, is a good way to calm him down and get him in the mood for bed.</p>
<p>Soothing</p>	<p>Babies love attention and sounds, so talk, sing, coo, and babble to him often. If he is fussing, try singing or reciting nursery rhymes. The beat and rhythm of these will soothe him as well. Some babies like long sounds. They can calm down and even fall asleep songs when this is repeated to them over and over again. It is okay to pick your baby up and carry him when he cries. He needs to know that someone is there for him.</p>
<p>Burping</p>	<p>Newborns tend to swallow air while feeding, especially if they are drinking from a bottle. It is important to burp your baby after each feed. You may even need to stop a feed halfway to burp him, if he is getting irritable. Here are some positions that will help your baby burp.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="280 1145 638 1412" style="border: 1px solid #ccc; padding: 10px; width: 45%;">  <p>Over-the-shoulder burp</p> <p>Put your baby on your shoulder so that his tummy is pressed against it. Pat or rub his back gently in an upward-sweeping movement. Make sure you have a cloth over your shoulder protecting your shirt.</p> </div> <div data-bbox="655 1145 1013 1412" style="border: 1px solid #ccc; padding: 10px; width: 45%;">  <p>Over-the-hand burp</p> <p>Sit your baby on your lap. Grasp his chin gently with your hand. Lean him forward and rest most of his weight against the palm of your hand and your arm. Pat or rub him gently on the back.</p> </div> </div>



Why is my baby crying?

Crying is a form of communication. Listed below are some reasons why your baby may cry and what you can do to calm him down. If you have tried everything to no avail, and your baby seems fine otherwise, you may just have to wait it out. However, if the crying persists and he remains inconsolable despite trying to soothe him for a reasonable period of time, do bring your baby to a doctor for a check.

Cause: Hunger

Signs: Sucking the fists, turning towards your breasts and rooting when you pick him up.

What to do: Feed him. Always respond to early signs of hunger to avoid this.

Cause: Wind

Signs: His fists are clenched, tummy is tight and knees may be pulled up to the chest.

What to do: Burp him, especially if he is bottle-fed.

Cause: Soiled Diaper

Signs: His diaper is heavy and smelly.

What to do: Change his diaper immediately.

Cause: Too cold / hot

Signs: He appears uncomfortable and may be flushed or sweaty.

What to do: Feel his skin. If he is cold, add clothing or increase the room temperature. If he is too hot, remove some clothing, change to light clothing or decrease the room temperature.

Cause: Over-stimulation

Signs: He is tired but cannot sleep, and is frustrated.

What to do: Calm him down by giving him a warm bath, relax him with a massage, or carry and try to soothe him.

Cause: Loneliness

Signs: He loves to be with you, and cries when you put him down.

What to do: Carry him close to you and stay within his sight as often as possible.

Cause: Illness

Signs: He may have a runny nose and a cough, and feel hot to the touch.

What to do: Check his temperature. If it is above 37.5°C, bring him to the doctor.

Source: Health Promotion Board

An initiative by:



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