

Tips for Quieting the Cacophony of a Crying Baby

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Disclaimer –

We are not doctors. We are just fellow lullaby lovers who have dealt with a crying baby. These suggestions are not medical advice and should not be taken as such. Use your own judgement. Any doubts about anything in this document should be checked with your child's doctor.

OK. You have a crying baby. Here are some ideas to manage the situation.

Begin with this mantra:

I'M A GREAT PARENT

I'M A FANTASTIC PARENT

THIS BABY IS LUCKY TO HAVE SUCH AN AMAZING PARENT

(Repeat as required)

STEP 1 – What's your status?

Are your nerves are shot? If not, skip to step 2. If so, it might help to give yourself some auditory distance from the noise. Try putting on some soothing lullabies that you enjoy. You can find them on our free lullaby download page. You can also get some cheap ear plugs from your nearest Walgreen's, CVS or Rite Aid. There are foam rubber ones and some soft ones that are little pieces of paraffin. The soft ones block more sound than the foam rubber ones but neither completely eliminates the sound. You'll still hear your crying baby. You'll just hear them less which can help take the edge off and calm your nerves.

STEP 2 – Are the basics covered?

Baby fed? Diaper changed? Right amount of clothing? (I tended to overdress my poor boy and he would get a bit overheated.)

STEP 3 – To change your baby's crying, try changing something through one of their senses. Change what they see, hear and touch.

Change what your baby sees

- Turn the lights on
- Turn the lights off
- Give the baby to your spouse and take a break
- If you're inside go out
- If you're outside, go in
- Hold the baby in front of your face
- Hold the baby in front of a window
- Hold the baby in front of a mirror
- Turn on the TV or, if already on, turn it off
- Hold them in front of a fish tank
- Practice your baby signs with them
- Hold different patterns in front of them. (I used Tim's Hawaiian shirts.)

Change what your crying baby hears

- Sing a lullaby to them (my favorite)
- Play a lullaby for them
- Hush at them – loudly (sounds like the womb)
- Use a womb sound toy (see our store for ideas).
- Turn on something noisy
- Have dad talk or sing a lullaby to them
- Turn on a radio or the stereo (sometimes static works best)
- Put them in a sling and vacuum your house or apartment

Change what your baby feels

- Take them for a drive
- Put them in a baby sling
- Swaddle them and try putting them in different positions.
- Kangaroo Care. Undress them and lay them on your bare chest. Hum to them (especially dads – babies love rhythmic bass notes)
- Put them in a bouncy seat and bounce it
- Put them in a swing and swing it
- Give them a pacifier
- Give them a baby massage
- Try baby exercises. Lie them on their back and gently clap their hands or feet
- Try burping them
- Walk around your space
- Dance around your space
- Rock them in a rocking chair
- Take them for a stroller ride
- Change their clothes
- Give them a bath

Finally, ask your doctor about changing their taste. Obviously, alcohol, caffeine, soda, etc are NOT appropriate. However, dipping a clean pacifier in some diluted lemonade or orange juice and then giving it to a crying baby might just cause lip smacking and end the nerve racking.

If these changes don't do the trick, you're baby has a lot to say. Just wait until they learn to talk! Rest assured that you are doing everything possible to comfort your child. Put on some soothing music from Lullaby-Link.com or call a friend for support if you need it. Never forget you are a wonder and that this phase will pass in time.

According to our baby class instructor, if your baby cries for 3 hours or more, contact your doctor for advice. And if you are ever concerned, call **anyway**.