



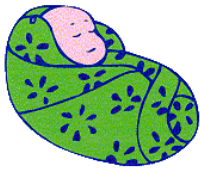
Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

The 5 "S's": How to Calm Your Crying Baby



- ♥ **SWADDLING**
- ♥ **SIDE OR STOMACH**
- ♥ **SHUSHING**
- ♥ **SWINGING**
- ♥ **SUCKING**



Swaddling: Wrapping your baby in a blanket makes him feel like he is back in the womb. Swaddle snugly, but not too tight so that he can breathe. Be careful he is not too hot or sweaty. If not done correctly, baby may cry harder.



Side/Stomach: Newborns are easier to calm when you hold them on their side or stomach while on your lap or arms.



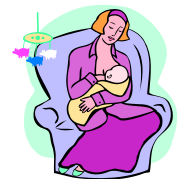
Shushing: "Shhhing" your baby is like the sound he/she heard in mom's belly.



Swinging: Slow movements are like the gentle motion baby felt inside the mom's belly.



Sucking: Putting a pacifier, a clean finger or breast into a baby's mouth satisfies hunger and helps to calm.



For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



FACT SHEET: How to Calm Your Crying Baby

How to Swaddle a Baby:



Lay a square blanket flat. Fold top corner down to center of blanket. Place baby on blanket with neck at the fold.



Fold one top corner down and across her body, holding baby's arm straight at her side, and tuck it under her.



Fold the bottom corner on the same side up. Fold the other top corner down and across her body to hold her second arm at her side. Pull snugly to about the middle of baby's chest.



Bring the bottom of the blanket across your baby's body, wrapping it snugly.



Notice that your baby's legs can still stretch and move, but her arms are held still.

SIDE/STOMACH: Newborns are easier to calm when they are lying on their side or stomach while on your lap or arms. Lying a baby on his/her back can sometimes feel like he is falling and this makes your baby feel unsafe. Keep in mind the side/stomach position is good for calming crying babies on your lap or arms. **BABIES SHOULD ALWAYS BE PLACED ON THEIR BACKS, WHEN NOT BEING HELD.**

SHUSHING: "Shhhh"ing your baby copies the sound he/she heard in your uterus, which was as loud as a vacuum cleaner. Place your mouth two to four inches from your baby's ear and make the "shhhh" sound. It must be loud enough to match the sound of your baby's crying, or he/she won't hear it.

SWINGING: Slow movement copies the jiggling your baby felt inside the uterus and starts the calming reflex. Ways to use motion are: baby slings and carriers, softly dancing, infant swings, gentle rocking, car rides, bouncy seats.

SUCKING: Putting a pacifier, finger or breast into a baby's mouth satisfies hunger and turns on the calming reflex.

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