Soothing a Crying Baby Checklist

Helps parents work through common reasons a baby cries and soothe them calmly.

- [ ] Check the basics again: hunger, diaper, gas, temperature and tiredness.
- [ ] Offer a feed, since crying is a late sign of hunger.
- [ ] Burp your baby in a different position, such as upright on your chest or over your lap.
- [ ] Feel your baby's neck or tummy to check for overheating or cold.
- [ ] Lower the lights and noise if your baby seems overstimulated.
- [ ] Try the 5 S's: swaddle, side or stomach hold while awake, shushing, swinging and sucking.
- [ ] Keep a cry log for 3 days to spot patterns in timing and what helped.
- [ ] Call your pediatrician for high-pitched or weak crying, unusual sleepiness, refusing feeds, fever or vomiting.
- [ ] If you feel overwhelmed and your baby is safe, step away for five minutes to breathe.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/why-baby-cries-no-reason/