

EVERYDAY NEWBORN CARE

Soothing & Settling a Crying Baby



Crying is your baby's only language — **it's communication**, not a failure on your part.

Some babies cry more than others, and that's just temperament, not something you did wrong.



Ways to help



Swaddle

Wrapping baby snugly (arms in, hips loose enough to move) recreates the secure feeling of the womb and can reduce startling.



Side Or Stomach hold

Holding baby on their side or against your forearm, face supported, while awake and supervised can be calming — always place them back on their back to sleep.



Shush

A steady “shhh” sound or white noise mimics the whooshing baby heard in the womb and can drown out startling household noise.



Swing

Gentle, rhythmic motion — rocking, a sway, a walk — is often more effective than stillness for a fussy baby.



Suck

Sucking (breast, bottle, clean finger, or dummy once feeding is established) has a naturally calming, organising effect.

Things to look out for



Normal Fussiness

Usually responds to soothing within a reasonable time and happens in bursts, often evenings.



Colic — crying more than 3 hours a day, 3+ days a week, for 3+ weeks in an otherwise healthy baby — is exhausting but not dangerous, and worth mentioning to your provider for extra support.

It's okay to place your baby safely in their cot and step away for a few minutes if you feel overwhelmed. Taking care of yourself is part of taking care of them.

Book a consultation

WhatsApp: +852 9744 2275

Call: +852 2151 4795

www.cityosteopathy.com.hk

23/F, Chinachem Hollywood Centre
1 Hollywood Road,
Central, Hong Kong

Opening hours:

Mon-Fri: 9AM – 6:30PM

Sat: 9AM – 1PM

This brochure is for informational purposes only and does not constitute medical advice. Please consult a qualified healthcare professional for guidance specific to your child.