



PARENTING POINTERS

Comforting Your Baby

Did you know that babies begin to show emotions as early as one month of age? Your emotions affect theirs. If you are relaxed and happy, this will help your baby feel this way. Happy, relaxed babies are more alert and attentive. Babies feel secure to explore their world. Responding in a warm, loving way will help babies feel protected and loved. There will be times of distress for baby, but your calm approach will reassure baby of his/her safety and his trust in you as his/her caretaker. Parental response to baby's needs is key to building trust. So how can we comfort baby when his/her crying is not related to hunger, illness, or dirty diapers because we have **already** taken care of these important needs?

- Rock your baby.
- Smile at your baby. Babies love to see your face.
- Stroke your baby gently.
- Make soft reassuring noises.
- Sing or play quiet music.
- Swaddle your baby in blanket.
- Relax yourself.
- Never shake your baby!
- Call a friend or relative to help you when you can no longer remain calm.
- Hold your baby often. Babies love to be touched and carried.

Resources: *Healthy Start, Grow Smart*, U.S. Department of Health and Human Services, U.S. Department of Education, U.S. Department of Agriculture; *Guide to Baby & Child Care*, JoAnna Moorhead; National Sleep Foundation

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