



10 Tried and Tested Ways to Soothe a Fussy Baby



★ Check the Basics

Hold Your Baby ★

★ Go outside baby wearing

Sing Cheek to Cheek ★

★ Try a Warm Bath

Reduce stimulation and rock or sway ★

★ Let them practice new skills

Turn on the Music ★

★ Do a soothing massage

Shush, Sway, and Swaddle ★