



**ECPAC**  
EARLY CHILDHOOD  
PARTNERSHIP  
OF ADAMS COUNTY

# CALMING A CRYING BABY CAN BE HARD

One in five babies are “fussy” or have trouble feeding or sleeping - and some can cry up to 6 hours per day.



Here are some ideas that might help comfort a crying baby:

Calming sounds such as a “white noise device” or fan.

A warm bath may provide comfort and distraction.

Calming motions such as rocking (in your arms or chair) or walking with your baby in a body carrier or stroller.

Quietly hum or sing.

If nothing seems to be working, it’s ok to set your baby down in a safe place and take a break from the crying.

Try burping to release gas bubbles.

It’s important for you to keep calm as well.

If you’re feeling overwhelmed or frustrated, some ideas that might help include:

Asking a partner, friend, or family member to help.

Listening to music for a few minutes.

Taking some deep breaths.

Call your child’s doctor or you can talk with a pediatric nurse at the **ParentSmart Healthline™ (720-777-0123)** if you’re concerned.

**Fussy Baby Network® Colorado** provides free support to any family struggling with a fussy baby. **Call 1-877-627-9227 or scan the QR code** for more information. →

English



Spanish

