

From Tears to Tranquility: Soothing & Feeding Tips for Your Baby

Narrator: A fussy baby can turn even the calmest day upside down. But take a deep breath – you’re not alone, and there are gentle ways you can try to bring comfort to your little one and to yourself.

Narrator: Why is your baby fussy? Babies cry—it’s how they communicate. But when the fussiness feels constant, it helps to check a few common causes. Is your baby hungry? Too hot or cold? Wet or soiled? Maybe they’re overstimulated, bored, or even feeling under the weather.

Narrator: Keeping a simple diary of your baby’s sleep, feeding, and crying patterns can help you spot the clues. Now, let’s talk soothing! Here are some tips you can try.

Narrator: Swaddle your baby snugly in a soft blanket. Try skin-to-skin contact – it’s calming for both of you. Rock your baby gently in your arms or on a rocking chair. Turn on white noise or a soft heartbeat sound. Sing, read, or talk softly to your baby. Offer a pacifier – sucking can be very soothing. And yes, sometimes a change of scenery can work wonders.

Narrator: Feeding-related fussiness. If you think feeding might be the issue, talk to your healthcare provider. They can help you explore ... whether your baby is getting too much, or too little, breast milk or formula. If feeding positions, practices, or burping routines need adjusting. Or if a different formula is right for your baby. There are many formula options out there – cow’s milk-based, soy, hydrolyzed protein, amino acid formulas, and others. Your provider can guide you through it to help best meet your baby’s needs.

Narrator: Food sensitivities. And if you suspect a food sensitivity or allergy, don’t guess ... check in with your healthcare provider. Keep notes on what you feed and how your baby responds. Every baby is unique ... and small changes can make a big difference.

Narrator: In closing...Remember, it’s completely normal for babies to cry and be fussy sometimes. And it’s okay to take a short break. If you’re feeling overwhelmed, place your baby safely in their crib, step away for a moment, and take a few deep breaths. You’re doing your best ... and that’s more than enough.

Narrator: If you’ve tried these tips and still have concerns, reach out to your healthcare provider. You’re not alone on this journey ... and support is always just a conversation away. You’ve got this.