

## Tips to Help Calm Your Baby The Seven S's

From: "The Happiest Baby on the Block" by Harvey Karp, MD



### 1. **Sucking**

- Encourage the pacifier
- Invest in a Wubbanub pacifier (at the CCH gift shop) which helps baby keep it in his mouth

### 2. **Swaddling**

- Use a tight swaddle to comfort baby and improve sleep duration
- Swaddling reminds baby of the tight boundaries of the womb

### 3. **Swinging**

- Includes swinging, bouncing, vibrating, walking around with baby
- Infant swings, a bouncy seat that vibrates, or slings to carry baby around can help with soothing
- The head bobble: Gentle bouncing or patting your baby that allows his head to wobble slightly side to side can help put a fussy baby to sleep



### 4. **Shushing**

- Make sure your shushing sounds are as loud as the baby is crying
- You may want to shush directly into baby's ear so he can hear the shushing over his crying
- White noise machines (available at Walmart or Bed-Bath-and-Beyond) can be useful as well
- Shushing reminds baby of the sounds in the womb

### 5. **Semi-Sidelying Position**

- Placing baby mid-way between on his belly and sidelying is the most comforting position
- You may want to cradle him in your arms, slightly turned towards your body. This will also help him hear your heartbeat.

### 6. **Skin-to-Skin**

- Undress your baby and leave the diaper on. Remove your shirt and bra.
- Hold your baby with his tummy to your chest for at least 1 hour.
- If you start to feel sleepy, put the baby in the crib so you do not fall asleep with him.
- Repeat frequently as needed.

### 7. **Stroking/Massage**



- Use gentle, but firm strokes. You may use baby oil or lotion to do the massage. Repeat each stroke 5-10x depending on tolerance
- Arm: Encircle your hand around her shoulder and glide down towards the hand. Then use circular strokes to massage the hand. Repeat on the other arm.
- Leg: Encircle your hand around her hip and glide down towards the foot. Then use circular strokes to massage the foot. Repeat on the other leg.
- Back: Use your entire hand to stroke down from her neck to her bottom.

Any questions? Contact PT at 610-732-6791.