

# Exploring

## infants and toddlers

Capital District Child Care Council

a tipsheet for parents and caregivers of children ages 0 to 2

## 12 Tips to Soothe a Crying Baby

Babies cry for a multitude of reasons. Infants may cry when experiencing physical needs such as hunger, a need for sleep, or the need to be changed. They may cry when they are scared, introduced to new places or people, angry, or searching for attention. Whatever the reason may be, babies need to cry. How caregivers respond to their crying can have a large impact on how much time babies spend crying.

1. Make sure all of her **physical needs** are met; hunger, sleep, warmth/coolness, clean diapers
2. **Learn** the difference between your baby's cries (tired, hungry, wet, warm...)
3. **Hold** her and look into her eyes
4. Gently **rock** with the baby
5. **Walk** with her
6. Give the baby a nice **warm bath**
7. **Kindly mimic** her facial expressions and tone of voice so she feels heard
8. **Whisper** to her, sometimes it can help re-focus attention
9. **Talk** to her about what is happening in the room
10. **Read** a book with her
11. **Play** with mirrors together
12. **Listen** to music together



**A baby's  
first language  
is her cry**

*\*If you find yourself getting frustrated, it is okay to put the baby in a safe place, walk away, and call a friend for some help or advice.*