

BABY BASICS

Soothing Solutions For Newborns

(NAPSA)—One of the biggest challenges for parents when caring for their newborn is soothing their baby when he fusses or cries. Soothing a new baby can be challenging, exasperating and sometimes enough to make you feel like crying yourself.

Drawing on decades of experience, years of research in soothing, and help from Dr. Jennifer Rosinia, a registered occupational therapist and child development specialist, Graco Children's Products has not only uncovered some insightful tips to help soothe baby, but has also designed a product that will revolutionize and support parents in the challenging job of soothing newborns.

Through research, it was found that a baby's sensory experiences begin in the womb and that there is an interconnection between prenatal sensory experiences and a newborn's sensory expectations. The process of soothing a baby may not be about using just one sense but rather about creating a specific combination of sensory input that is just right for each individual baby. Sweetpeace™, the world's first and only Newborn Soothing Center™, eases the transition from womb to world.

"There is an interconnection between soothing and calming a baby and the parents feeling competent and content," adds Dr. Rosinia. "When parents are able to read a baby's unique cues and signals, they lay the foundation for a great relationship."

The following are examples of some quick and helpful soothing tips that focus individually on each of Baby's senses:

• **Motion**—Try rocking and swaying in different directions



Soothing a crying baby may be easier than many new parents realize.

while holding the baby in different positions to see which soothes baby best. Remember to move slowly and rhythmically.

• **Sound**—If Baby seems unsettled, try using white noise, such as the sound of a fan or humidifier, allowing Baby to calm and to aid soothing.

• **Touch**—Handle your baby with reassuring firmness. Be confident when you hold, change and feed her. Swaddling provides firm pressure touch, which is typically calming.

• **Sight**—Minimize your child's visual stimulation and surround him with calming neutral colors.

• **Smell**—Since Mom's scent is most familiar and soothing to Baby, sleep with some of Baby's blankets or wear them around your neck during housework so that when you swaddle your baby she will sense your presence.

For more tips to help soothe your baby, or to become a certified soother, you can visit the site at www.mysweetpeace.com.