

Comfort Care for Your Baby

Behavior	Calming Suggestions
Prolonged or high-pitched crying (crying that lasts a long time or is louder than normal)	<ul style="list-style-type: none"> • Slow, rhythmic swaying from head to toe while swaddled and held in the C position** • Vertical rocking: keep the C position and hold the baby upright against your chest, turned away from you. Slowly and rhythmically rock the baby up and down • Decrease loud noises, bright lights and any excessive handling ❖ The “C Position”: Hold your baby firmly; curl head and legs into a C. Swaddle in the position**
Sleeplessness (problems falling asleep or staying asleep)	<ul style="list-style-type: none"> • Avoid loud noises, bright lights, patting or touching your baby too much • Limit visitors to allow baby to rest/sleep • Play soft, gentle music • Gently rock or sway your baby while humming or singing • Change your baby’s diaper if dirty • Check for and treat diaper rash
Excessive sucking of fists	<ul style="list-style-type: none"> • Feed your baby when hungry and until content • Offer a pacifier or finger if your baby wants to suck but isn’t hungry • Cover hands with sleeves if skin becomes reddened
Difficult or poor feeding	<ul style="list-style-type: none"> • Feed your baby when hungry and until content • If your baby is having problems with spitting up, feed smaller amounts more often • Feed in a calm and quiet area • Allow your baby to rest as much as possible between feedings
Sneezing/stuffy nose	<ul style="list-style-type: none"> • Keep baby’s nose and mouth clean with a damp washcloth
Breathing troubles	<ul style="list-style-type: none"> • Avoid overdressing or wrapping your baby too tight • Always put your baby to sleep on his/her back • Call your baby’s doctor if baby is having trouble breathing
Spitting up	<ul style="list-style-type: none"> • Burp your baby each time he/she has a long pause sucking during a feeding • Hold your baby upright for about 15-20 minutes after a feeding
Hyperactivity (inability to sleep or be calm)	<ul style="list-style-type: none"> • Use a soft, thin blanket or swaddle sack to wrap your baby • Swaddle and carry your baby, talk/sing soft, and gently sway • Slow, rhythmic swaying from head to toe while swaddled and held in the C position** • Offer a pacifier
Trembling/Jitteriness	<ul style="list-style-type: none"> • Keep your baby swaddled in a light blanket or swaddle sack • Avoid overstimulation between care times • Keep your baby in a warm quiet room
Fever	<ul style="list-style-type: none"> • Do not overdress or over bundle you baby • Report a temperature greater than 100.4 degrees Fahrenheit, rectally, to your baby’s doctor

****Your nurse will provide demonstration of cares.**