

## The 5 "S's": How to Turn on Your Baby's Calming Reflex

**1. Swaddling:** Wrapping makes your baby feel magically returned to the womb and it will keep your baby from flailing his/her arms. If not done correctly, the baby may cry even harder. Remember to swaddle snugly. Loose blankets may be a choking risk. Also, don't overheat your baby. (Babies should never be sweaty and flushed.)

**2. Side/Stomach:** Newborns are easier to calm when they're lying on their side or stomach. This triggers the calming reflex by imitating your baby's position in the uterus. Lying a baby on his/her back can sometimes trigger a falling reflex and make your baby feel insecure. Keep in mind the side/stomach position is great for calming crying, but babies should only sleep on their backs.

**3. Shhhh:** "Shhhh"ing your baby imitates the sound he/she heard in your uterus, which was as loud as a vacuum cleaner. Place your mouth two to four inches from your baby's ear and make the "shhhh" sound. It must be loud enough to match the sound of your baby's crying, or he/she won't hear it.

**4. Swinging:** Rhythmic moving imitates the jiggling your baby felt inside the uterus and activates the calming reflex. Ways to use motion are: baby slings and carriers, dancing, infant swings, rocking, car rides, bouncy seats.

**5. Sucking:** Putting a pacifier, finger or breast into a baby's mouth satisfies hunger and turns on the calming reflex.