

Lactation & Breastfeeding



Stroking –
balm for the soul to

This recommendation appeared in the professional journal *Laktation & Stillen* 3.2013. The adapted content was taken from the paper "Responsible use of the pacifier" with the kind permission of Claudia Kopf.

Options for Soothing a Baby

Alternatives to the pacifier Every baby has a different temperament and cries for different reasons. The reasons are only recognizable in context Stefanie Frank

When a baby's every cry is answered by giving the pacifier, other needs are masked – the need for food, for being carried, for touch, rest, change, a fresh diaper or chatting. There are many possibilities for soothing a baby who is crying after he has fed enough at the breast or has had a bottle.

When the baby cries, only one or two calming rituals should be tried, because otherwise overstimulation and a further feeling of insecurity might be the result.

Soothing with sound

- › The baby experiences the familiar voices of his parents as soothing. **Sing or hum** something to your baby
- › Babies react more to a **higher pitched voice**. Mostly you automatically raise the pitch of your voice when you speak to a baby.



Loving whispers



Wrapping up in a firm cloth gives a feeling of security

Soothing with touch and motion

› By **wrapping the baby in a blanket** or placing him in a nest made of firm cloths, the baby is given a feeling of physical security

› **Gentle motion in all directions** reminds babies of the motion in the womb and can have a soothing effect: Move the baby gently back and forth in the water while holding him on the head and bottom.



Gentle back and forth movement while bathing



Being carried in a sling gives the baby support and security

› Frequent skin contact soothes the baby. Studies have long since proven that babies, who are carried for longer periods in arms or in a **baby sling**, cry less. Only three hours of carrying a day reduces crying by 45%. The baby sling is an ideal carrier for the newborn. It gives the baby a secure hold and the mother or the father is able to move her/his arms freely.

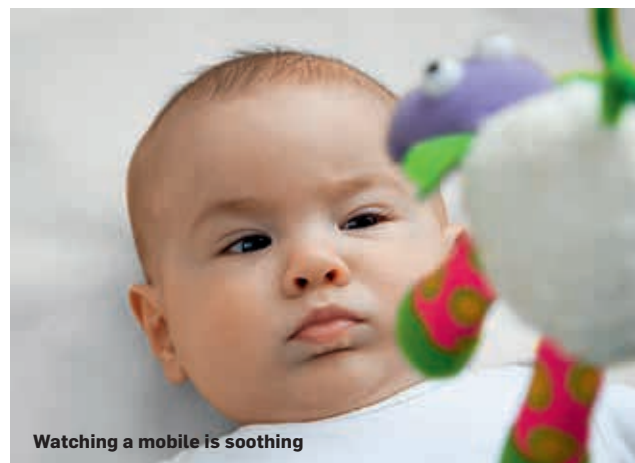
Soothing with touch and stroking

› **Stroking or massaging in the direction the hair grows** is soothing for the baby. If the baby touches himself or sucks on his fingers or hands, he can soothe himself this way

› Place the baby over your thigh and **stroke his back** while you slowly rock his legs to and fro



Loves goes through the skin



Watching a mobile is soothing

Soothing through sight

› **Eye contact** between an attachment figure and the baby soothes babies

› **Watching a mobile**, lights or preferably black/white geometric figures and yellow and red objects has a soothing affect on her.