


When Your Baby Won't Stop Crying



Take a breath. You're not doing anything wrong.

Try this, gently—one step at a time:




 Hold them close – comfort is never a bad habit




 Check the basics – hunger, diaper, gas, temperature




 Add motion – rocking, walking, baby-wearing




 Use white noise – soft, steady sounds help calm



 Swaddle snugly (if age-appropriate) – it reduces the startle reflex



 Try light massage – slow, gentle touch can soothe



 Lower stimulation – dim lights, quiet room, fewer voices

If Nothing Works:



Put your baby down safely



Breathe...



Come back calmer



Your baby doesn't need perfection.
They need *you* – and you're already here... ❤️