



Aaaaaah, a massage... When you rub my arms and legs gently with lotion, it makes me feel so relaxed that I might just stop crying.



Bath-time! A warm, cozy bath can be so relaxing. (You should try it too!)



Crib time helps you and me. When I'm driving you crazy, put me down in the crib for a few minutes. I might keep crying, but that's okay. I may actually need to sleep or need a little break. It also gives you time to calm yourself before trying again to soothe me.



Diaper me. Sometimes I'm upset because I'm uncomfortable.



Eye contact. I love looking at faces—yours most of all! When you look at me and talk to me softly, I might just stop crying.



Feed me if it has been 2-3 hours since I've eaten last, or I am giving you my hungry cues.



Get some help if you need it. When you feel stressed, depressed, or angry, I can tell—and it makes me feel worried. Talk to a family member, friend, counselor, or doctor. When you take care of yourself, you take better care of me.



"Hey, look at that!" Sometimes showing me something (a toy, a dog outside, me in a mirror!) will distract me from crying.



I need you to stay calm. If you are stressed out, I get even more upset! Take some deep breaths to find calm. When you hold me, feeling the rhythm of your deep slow breaths helps calm my body (and yours!).



Just talk to me. Your soft voice makes me feel safe, loved, and connected.



Keep trying. I know my crying and fussing can be hard to take. But when you stick by me, even during the tough times, I learn that I can trust you to be my rock.



Love me up! Cuddling, rocking, kisses, snuggles—they are all great when I need soothing. When I am out of sorts, I need your love more than ever.



# M

Move me. If I am in your arms, put me on your shoulder. If I am in the crib, try rocking or cuddling me. If I'm running around, offer a firm bear hug. Or hold my hands while I jump up and down or swing for a little bit.

# N



Noise, like shushing, white noise or soft music, can soothe me sometimes.



Out, as in get out! Let's get out of the house for a little while. Put me on a blanket at the park and let me feel the breeze on my face.

# P



Play and be silly with me. Making silly faces and laughing together can help my fussy mood blow over.



Quiet down. Sometimes all the noise, lights, and movement are too much for me to deal with. Turn off the TV, dim the lights, and hold me close.

# R

Routines are soothing. Bedtime, naptime, and mealtime routines make me feel safe and secure. They help me know what to expect next.

# S

Stomping or saying, "I'm MAD." Teach me ways I can express my anger and frustration—like stomping, screaming outside, naming my feelings, or drawing a "mad" picture.

# T



Touch my skin to see if I feel too hot or too cold. Add a layer if I feel chilly, or take a layer off if my back feels damp (sweaty).

# U



Unplug. I need your attention. Turn off the screens and tune in to me. Get down at my level, look, and listen to me. Sometimes I just need to know that you understand I'm upset.

# V

Vroom, vroom! Let's go for a car ride or a walk in my stroller. Sometimes a change of scenery and position can get me feeling good again.

# W



Will you read me a story? My favorite stories and songs can calm me down when I'm feeling overwhelmed.

# X

X-factor... What are my likes and dislikes? What's my favorite way to be held? My favorite toy, song or game? Do I prefer some noise, or lots of quiet? Try my faves first when I get a little fussy.

# Y

Your words. When you help me learn the words for "mad," "sad," "excited," and "frustrated," I have a new way to express my feelings. Talking about feelings is the first step to calming down.

# Z



ZZZZZZ. Try putting me down for a nap. Sometimes I get upset because I'm so tired that I don't know what else to do.

