

SOOTHE A FUSSY BABY

Babies and very young children have different temperaments. Some scream and cry the second they feel unsettled. Other babies are quiet almost all of the time. Some cry before they fall asleep, while others fall asleep peacefully. Parents can often feel sad and inadequate when their babies do not settle down.

Here is a little good advice and a few things you can do to soothe and comfort your baby:

- Hold your baby. Lay the baby against your chest (preferably 'skin-to-skin') and breathe slowly and calmly. The baby can sense how you feel and will calm himself or herself down.
- Caress your baby's skin with a light and loving touch.
- Lower the volume of any disturbing noises and dim the lights.
- Play soft music.
- Sing peaceful songs or talk in a calm, reassuring way.
- Put your baby in the pram and take him or her for a walk.
- Ask your partner for support or phone a trusted relative or friend and ask for a little help so you can rest for a while.



SHAKEN BABY SYNDROME

Everyone who has children knows how stressful it can be when a baby cries endlessly and refuses to be soothed. We also recognise the feeling of powerlessness when we simply do not know what to do.

The brains of babies and toddlers are suspended loosely and are movable inside the skull. When a baby is shaken roughly, the soft, immature brain hits the inside of the skull hard. This causes brain damage through the impact and wear on the brain. Tiny blood vessels that go between the brain and the membranes that surround the brain get torn and cause bleeding in the brain.

Several babies in Sweden are seriously injured or die from these kinds of injuries (shaken baby syndrome) every year. Babies who have survived have suffered serious brain damage that has, for example, caused paralysis, learning difficulties, seizure disorders, blindness and behaviour disorders.

Remember – even if your baby will not stop crying: **never shake your baby!**

If your baby cries a great deal, talk it over with the nurse at the paediatric health centre (*Barnvårdscentralen*).