

5 White Noise Makers to Calm Your Baby

White noise makers do the trick to really quiet a fussy baby fast. And, if you have a big budget, you can check out the Cadillac of white noise makers, the white noise machine (it usually runs \$40-\$50). But really, you don't have to spend that much. If you means are a little more meager, here are some ways to generate white noise to calm your baby that won't cost a fortune. White noise is really just a low monotonous, rhythmic sound. Babies respond to white noise so well because it mimics the sound they heard for so many months while in mommy's tummy. You can recreate this noise inexpensively by some surprising household items and appliances.

A fan
Any type of fan will do. Turn it on a medium speed and place near baby, but not blowing directly on baby. Put one in the nursery. Be sure to lower the lights during naptime as well to create a calm and serene atmosphere.

A dishwasher
This works if you have a LOUD dishwasher. Not one of those with noise reduction.

A washing machine

Listening to the washing machine agitate makes me sleepy. It often has the same type of calming effect on a fussy baby. Not very practical, however, if your washing machine is in the basement!

A car ride

The wheels hitting the road is a white noise maker and also a cranky baby calmer. One trip around the block might be enough to do the trick. Remember as a child falling asleep on long car rides? That was white noise lulling you to sleep.

Radio or TV static

A radio or TV tuned to static creates a soothing sound for baby. Maybe not for parents, but on this one, you can control the volume. It might be tough in today's digital environment to actually tune to static however. Other inexpensive white noise makers are white noise cd's. They come in all kinds of varieties. We recommend vacuum cleaner or hair dryer white noise cd's. They most closely represent womb noise.

About the Author

Source: <http://www.colic-baby-bootcamp.com>