

## The Baby Crying Game and How to Stop It

"Shhhhh," I'm gonna tell you a secret on how to stop your baby from crying. Well, it is five secrets to be exact.  The 5 S's to calming a crying, colicky baby.

Read on...

Did you know that an average 6-week old infant cries almost 3.5 hours per day? And did you know that your baby's cries can cause nursing problems, marital stress, postpartum depression, unnecessary trips to the doctor or even shaken baby syndrome?

Don't take it out on your baby, or yourself, or your significant other. It isn't anyone's fault. Arm yourself with the tools and tips to get through the crying spells.

Have you heard of Dr. Harvey Karp, MD? He's a nationally renowned pediatrician and child development specialist. He is an Assistant Professor of Pediatrics at the UCLA School of Medicine. Over the past 20 years, he has taught thousands of parents, from working moms to superstars like Madonna, Michelle Pfeiffer and Pierce Brosnan how to utilize different principles and tools to calm a colicky baby. One of these principles is the 5 S's.

According to Karp, babies are thrust out into the world before they are fully developed. They essentially need a "fourth trimester," where they feel as safe as they were in the womb. This is where the 5 S's come in. These principles actually mimic the conditions your baby experienced in the womb to help activate their calming reflex.

Here they are:

**Swaddling.** Karp suggests you wrap your baby up tightly in a receiving blanket for 12-20 hours a day to recreate the tight fit your baby felt while in the womb. Not only does this give your baby a sense of warmth and protection, it also eliminates your baby's uncontrolled arm and leg flailing that seems to go along with crying outbursts.

**Side/Stomach soothing.** To stop the Moro reflex or startle reflex (the sensation of falling your baby feels when startled), Karp suggests laying your baby on her side or stomach. However, don't put your baby to sleep on her side or stomach as this may increase the risk of SIDS.

**"Shhhing" sounds.** When your baby was in the womb, she heard the whooshing sound of her mother's blood flowing. A sound similar to what you hear underwater, or if you put your hands over your ears. This whooshing sound can be recreated by playing a [white noise cd of a vacuum cleaner](#), taking your baby for a ride in a car, running a hair dryer or a dishwasher.

**Swinging.** Moving in a rhythmic motion reminds the baby of when she was in constant motion inside the mother's womb. Lying in a crib staring at the ceiling does not. So, baby swings, car rides, stroller rides or [babywearing in a sling or child carrier](#) will definitely help soothe your baby's crying.

**Sucking.** Offer your baby a pacifier, baby bottle, the mother's nipple or even your finger. Babies are driven to suck. Without this drive they would be unable to get food in their system to survive. The steady rhythm of sucking also soothes your baby.

So, what have we learned?

If your baby's crying is driving you crazy, try a few of the 5 S's by themselves, in combination, or all together. When you can successfully stop your baby from crying, you will feel better, your baby will feel better, and all will be well with the world.

To find out more methods on calming your baby, check out Dr. Harvey Karp's DVD, [The Happiest Baby on the Block - The New Way to Calm Crying and Help Your Baby Sleep Longer](#).

### About the Author

Elizabeth James is a colic baby survivor and writes about her experiences on the website [Colic-Baby-Bootcamp.com](#). Join our newsletter and get a FREE download of a "Shhhing" sound (hair dryer white noise) mentioned in this article.

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