



One by One
MINISTRIES

Just For Moms

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HELP! MY BABY'S CRYING—AGAIN!

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New Baby Book Page

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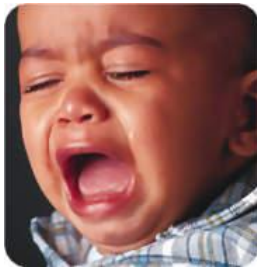
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**One by One is a
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There it is again—the high pitched sound of your baby crying. No matter how old your baby is right now, you've probably already had some of those hard “mommy” days. Your baby is crying and crying and you have no idea how to soothe her. Talk about stress! Most moms would give anything to know how to stop the crying ASAP.



Why do babies cry?

If your baby could talk right now, he could tell you what's bothering him. Babies can't let us know that they're hungry or tired. So instead, they cry. It's your baby's way of saying "Mom, I need you!" Please remember that your baby is NOT crying to upset you or make you mad. He is way too young to know how to do that.

What can help?

There are some things you can try with your baby to help stop the crying. Not every strategy will work for every baby, and some techniques may only work at certain times, depending on your baby's mood. Try one or two of the things suggested in this list:

Re-create the womb: Your baby may be fussy because she misses her first "home," which was your tummy. Try the things listed below together or try them one by one.

1. Swaddle or wrap your baby snugly in a blanket with his arms down and inside the blanket.
2. Hold your baby on his side or stomach rather than his back.
3. Make shushing sounds directly near the baby's ear. The inside of the womb sounds like a constant pulsing *whoosh* sound. You could also try running a fan in the room to copy the sound of inside the womb.
4. Jiggle or swing your baby gently in your arms. The rhythmic swaying is a lot like the movement inside womb.
5. Give your baby a pacifier to suck on. The sucking action comforts your baby.

Use Your Hands: Try to gently touch or rub your baby's cheek, back, legs, or stomach with long, smooth strokes.

Distract Your Baby: Show her a new toy or get her attention to the family pet or to a mirror.



DID YOU KNOW?

Here are a few interesting “Did You Knows” we’ve gathered from health care professionals:

Begin your child’s education as soon as he is born! Sing, read, and talk to your baby from his very first moments.



Keep the learning fun and meaningful. Use real-life examples such as telling your baby that the banana is yellow and the ball is round.

Point out things your baby sees everyday and give him names for things. Babies learn best when they are touched and loved.

Start your baby in her own bed from the very beginning. Baby should sleep by herself in a crib, portable crib or bassinet. E.R. pediatrician, Dr. Cindy Beamer, tells us that this one thing can save hundreds of babies from injuries and even death.

Always put your baby to sleep on her back, even for naps and even when she can roll over.



Take everything out of your baby’s crib when he sleeps. NO pillows, blankets, stuffed animals or other soft items.

Do not allow anyone to smoke anything around your baby. Do not smoke at all if you are pregnant.



Take your baby to the dentist within three-six months of her getting her first tooth, or no later than her first birthday.

GOING OUTSIDE WITH BABY



After being cooped up in the house during the winter, our warm summer weather makes us want to be outside more. You might have questions about taking your baby outside, especially newborns.

Please know that as long as your baby is healthy, going outside on a mild day can be a great bonus for you and your baby. The warmer weather and sunshine naturally make us feel better. Some mothers tell us that their babies even sleep better after getting some fresh air.

Use outdoor time as learning time for your baby. Show her things such as the grass, trees, birds, and other people. Say the names of things for your baby.

Outdoor time is a terrific time to work on your child’s spiritual development. As you look at the natural world together—trees, flowers, animals, etc.—tell your baby that God made these things. Take a moment to thank God for the beautiful things you see. Your baby learns about God as you talk about Him.

Here are a few safety tips:

- Avoid strong sunlight since baby skin burns easily.
- Avoid being in direct sunlight longer than just a few minutes.
- Dress your baby in a brimmed hat and a cotton shirt with long sleeves.
- From very early infancy, protect your baby’s eyes with sunglasses and brimmed hats.
- ***Limit your baby’s outdoor time to morning or late afternoon when the sun is not as bright.***

Ask your doctor or other health care professional **before** you use sun-block on your baby.

Look at Me Grow!



WHAT MOMMY SAYS ABOUT ME:
