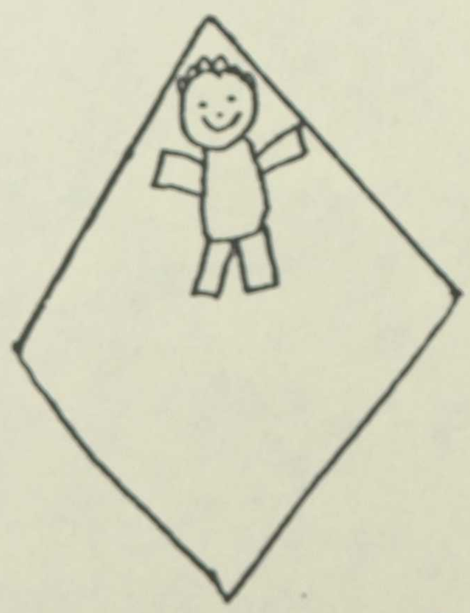
AIM

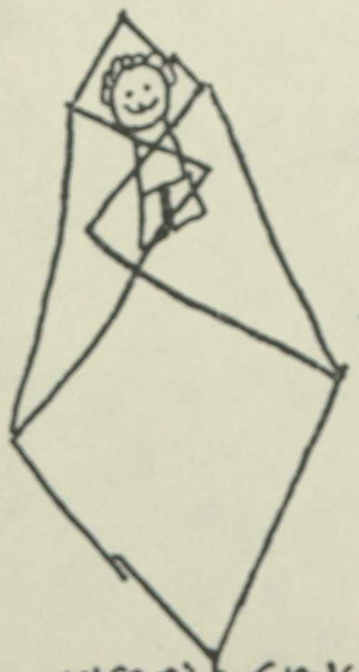
TIPS FOR HANDLING AN IRRITABLE BABY

The baby who is irritable will calm down more easily if stimulation from the outside world is limited. Because they are so young, they have not yet learned how to process all the things they are seeing, hearing, feeling. The baby is "overloaded" with stimulation and they begin to cry, become jittery and very difficult to comfort. To avoid this, here are some tips:

1. Wrap the baby snugly in a receiving blanket, with their arms inside. This is called "swaddling".
2. Keep the baby is a room with a low light, such as one lamp, not an overhead light. Do not move the baby from a dimly lit room to a bright one if you can help it. The sudden change in the light will startle the baby and cause them to become irritable.
3. Do not give the baby more than one form of "input" at a time. For example, do not pat their back AND talk to them at the same time, this is two forms of input - touch and hearing-and it is often more than the baby can deal with.
4. If you are going to talk to the baby, do so in a quiet, monotone voice. Babies will really enjoy singing if you sing quietly and in a monotone voice. Do not walk around while singing to them, sit in a chair and be as still as you can.
5. The most important thing to remember is -ONE FORM OF INPUT AT A TIME This is a temporary stage that your baby is going through, they are not becoming "spoiled", but need help from adults to keep from getting irritable, and in keeping themselves as calm as possible.



place baby on blanket in shape of a diamond



wrap it snugly over their arms

pull the bottom part up + over