

NEW COLIC TIPS

1

Probiotics

Lactobacillus Reuteri may help -
remember to give it constantly

2

Stair Stepper

Get stepping and swing your
upper body freely

3

Choo-Choo

More patterned, punctuated
variations on "Shhhhh"

4

The Elevator

With baby's head in hands, lift
baby up & down on an angle

5

Wrist Jiggle

Relax wrists & gently bounce
so hands are dead weight

6

Blanket Jiggle

Rock baby by tugging up on
one loose corner of the blanket

7

Hum

Hum to your baby to relax both of you!

8

Butt Pat

Pat the butt
rhythmically & firmly

Baby Formula
Expert

