

Baby Basics



Tips For Soothing A Fussy Baby

(NAPSA)—The next time a crying baby practically has *you* in tears, don't despair. First, remember, all babies cry—it's how they communicate. Next, realize that constant crying may be colic, and a visit to the pediatrician may be in order. Finally, consider these tried-and-true ways to soothe an infant.

What To Do

• **Bath time.** A warm bath helps many babies to calm down.

• **Music soothes.** Playing soft music or singing lullabies can help.

• **Move it.** Sometimes a brief excursion and some fresh air will do the trick.

• **Talk the talk.** Talk to your baby in a soothing voice, carrying her from room to room. Point out the decorations. Show her the baby in the mirror.

• **Go for a drive.** Some babies find the car so soothing that it's the only place they'll fall asleep. Gas may be expensive but your peace of mind is probably worth a drive around the block.

• **Turn on a fan or noise machine.** The white noise effect is similar to a pregnant belly and could calm your little one down.

• **It's a wrap.** Swaddle your baby up in a light blanket with her arms across her chest. Swaddled babies often sleep longer and more soundly.

• **Check the thermostat.** Your baby could be too hot or too cold.

• **Make it swing time.** Babies love the soft, soothing motions of infant swings, and these are often the best way to get your baby to stop crying and go to sleep.

To help, Graco has reinvented the swing with a new gliding motion, inspired by the gentle back and forth that moms use while comforting baby in their



A Graco glider swing soothes a fussy baby with gentle back-and-forth motion.

nursery glider rocker. Every baby is unique, so parents can customize the vibration, swing speed and melodies with optional plug-in, plus they have a five-point harness for peace of mind that their baby is secure.

Graco's Glider family of swings offers parents several options from which to choose—from a lightweight petite version up to a 2-in-1 high-end elite, and several versions in between. The full-size Glider swings boast ingenious frame designs that use 40 percent less space than other leading full-size swings, giving parents more space. All are lightweight and portable, with a roomy seat combined with plush body for support and three recline positions.

So the next time a crying baby is getting the best of you, remember these simple tips—and some great new products—and you'll be well on your way to enjoying a blissful sound for new moms and dads: the quiet of a happy baby.

Where To Learn More

You can find additional information about gliders online at www.gracobaby.com/gliders.