

# How To Pacify Your Colicky Baby

Hold the baby upright on the shoulder and pat their back.



Play white noise or hum a song when they're crying.



Burp the baby after meals, between feedings, or when crying.



Practice slow-feeding your bottle-fed baby in a straight or semi-inclined position.



Give the baby a calming warm bath.



Swaddle the baby in a warm blanket and cuddle.



Take the baby to a calm place for a stroll.



Rock the baby gently in a rocking cradle.

