How To Make Your Baby Self-Soothe?



Hang a musical toy on the baby's crib

Establish a consistent bedtime routine





Include and maintain relaxing nighttime activities, like bath and bedtime stories

Put your baby in the crib and give them enough time to fall asleep on their own





Put your baby to sleep and stay around

Be observant of your baby's surroundings when they're trying to sleep





Source: https://www.momjunction.com/articles/how-to-teach-your-baby-to-self-soothe_00382632/