



The Best Baby Holds

Holding your baby while they are crying helps your baby feel safe and comforted. After hours of holding your little one, it can feel like holding just isn't enough anymore. Maybe there is a trick to doing it though? Here's a list of the best methods to hold a crying baby:

01 The cradle-carry

Bend your elbows to about 45 degrees and rest your baby's head in the crook of your arm. Both your forearms will be supporting the length of their back. While holding your baby, you can gently rock them back and forth or gently bounce while patting them. This technique is especially soothing as they will be able to see your face and vice versa.

02 The sit-and-rock cradle

This hold is great when your baby is fussy, and you want to distract them. Hold your baby against your chest while you stand, facing away from you. Create a seat under their bottom with your hand and wrap your other hand around their chest. Sway from side to side to create a soothing rhythm.

03 The football hold

This hold is great for relieving gassiness in your baby as the method puts pressure on your baby's tummy. Support your baby's neck by using the crook of your arm. Your other arm will be placed between your baby's legs to support their lower body.

04 The over-the-shoulder hold

Like the football hold, this one's good for gassiness. Hold your baby's stomach against your shoulder and let their head and neck drape over it. Support the head with your hand until they're able to control it themselves.

05 The heart-to-heart

In this position, your baby will feel extra close to you as they get in tune with your rhythm. Hold your baby vertically, with their head resting on your chest, near your heart. Sway from side to side.

