

# THE HUSHABYE FORMULA

## *Soothing Secrets*

### Swaddle:



Use a lightweight stretchy swaddle blanket to tightly wrap baby with their hands flexed up to their face and hips flexed.

### Side or stomach position:

When holding baby, try holding them on their side, over your shoulder or in a koala position. If you want to place baby in the basinet on their side or stomach, they must be visually monitored continuously or on continuous pulse oximetry.

### Shush:



Gentle shushing sounds mimic the womb; you can make the noise yourself or use a sound machine. White noises, or similar sounds, are also helpful.

### Suck:



Try offering a pacifier, letting baby suck on their own hands, or offering baby a clean/gloved finger to suck on. Aim for the roof of their mouth with the tip of the pacifier. If baby continues to display a rooting reflex with non-nutritive sucking, offer baby a bottle.

### Swing:



Gently sway side to side with baby in your arms or try placing baby in a swing.

### Squat:



If swinging doesn't help baby, stand in one place, hold baby with their back to your chest, upright and facing away from you, and try rhythmically squatting up and down.

### Stay calm:



You are everything to your baby, including their calm during chaos. It's not always easy to do, but close your eyes, take 3 deep breaths, and know this moment is fleeting. We are always here to help you, so just ask!



*All of these techniques, used in conjunction with one another, make up the Hushabye Formula.*