

TIPS TO REDUCE PARENTING STRESS WHILE CARING FOR A HIGH NEED BABY



Practice simple breathing techniques

Listen to music or play a musical instrument



Seek emotional support from friends and family

Keep the baby in a safe crib for sometime



Try some games to keep you and your baby engaged

Talk to the pediatrician about concerns related to the baby's health



References:

1. How to Calm a Fussy Baby: Tips for Parents & Caregivers; HealthyChildren