

How To Reduce Stress In Your Baby



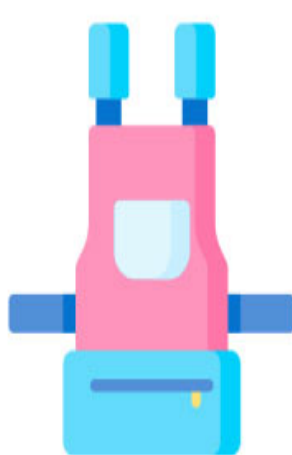
Provide gentle physical contact, such as stroking or rubbing their skin.

Avoid exposing your baby to your stress.



Engage in age-appropriate playful activities and games with them.

Consider using a baby carrier or sling to keep your baby close to you.



Do not leave your crying baby unattended; respond promptly.

Consider giving your baby gentle massages to help them relax.

