

## **The Magic Baby Hold – an age-old baby-soother**



Hold the baby with his back against your chest. Put your left arm down over his left shoulder and hold his right thigh. He should have one arm on each side of your arm, his head near your elbow, your hand at his crotch, holding his thigh. This gives him scenery, puts a little pressure on his tummy, and tends to quiet a baby very quickly.

Do the “baby dance” if you need to; gentle bouncing may soothe better than swaying. If you sense him tensing, turn 90 degrees. This gives him instant new scenery and may settle him again.

There is a reason for holding him so that he lies on his left side as shown. Babies with tummy trouble – and adults too, for that matter – simply have less trouble if they lie so that the opening from stomach to esophagus – which is toward our right – faces up so that stomach contents are less likely to escape and air has an easier time doing so.

You can hold your left hand with your right as shown, if you want, so he's either facing out or facing the floor, or you can prop your left hand on your hip (works better when he's older). It's an easy, very secure way to hold a baby with one arm. And of course, the more a baby is held, the happier he's likely to be. Fussy babies often end up very bright. Maybe it's all that holding...