

FIONA MCKEAN

maternity - newborn - portrait

Photographer

My top tips for soothing baby..

Cuddles

I know you are thinking this one is a bit on the obvious side but this is my starting point for soothing a baby.

Firstly I make sure their arms are tucked in across their chest then using my left arm, with baby lying on their left side (babies head should be in the crook of your arm) I pull them in tightly toward my chest and sway back and forwards until they settle.

The bonus with this is it is a wee work out for you too!!



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Swaddle

I have yet to come across a baby who does not like being swaddled. It is not always easy to do with a wriggly baby but it is very worthwhile trying!

Using a large muslin square or a stretchy blanket lie baby on their back on top of the blanket then doing one side at a time, keep their arms tight by their side and fold the blanket over the arm and tuck under their bum, use babies body weight to keep it tight before doing the same on the other side.

To be effective the wrap must be tight to stop them wriggling their arms out so please make sure they are dressed suitably for the room temperature and make sure the wrap is not too close to their neck. Also make sure their hips are loose and flexed.

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Shusssh..



The womb is not a silent place and baby has only ever known the sounds of the womb.

Why is this important? If you are going to shush it needs to be loud and long. When I do this in the studio my clients always comment on how loud I am - you almost want to interrupt babies cry if they are upset.

Shushing is great when baby is upset but to keep them settled throughout the session I use a white noise app as it is an easy way to mimic the noises the baby would have heard in utero.



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Dance...

I know you are going to think I am a bit crazy with this one but remember in addition to being noisy the womb is a jiggly place.

While a gentle rock is calming sometimes a little more is called for! So if baby is a bit more upset have a wee dance.

Keep your feet moving, sway your hips, you only need small movements just make sure they are fluid and babies neck and head are supported all the time.



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Sing...



I don't do this in the studio as that would simply be unfair to my clients...

When my girls were babies I would sing to them, to start with it was gibberish but as time went on I learned the classic nursery rhymes and carried this on till they were toddlers. It is a great soother and an amazing way to interact with your baby!!

