

The 5 S's for Soothing Babies

Developed by Dr. Harvey Karp, Creator of SNOO

What are the 5 S's?

When newborns come into the world, they still crave the comforts of their first home...the womb! Womb-like sensations (like rumbly white noise, snug swaddling, and rocking) activate a baby's calming reflex—basically nature's "off" switch for crying and "on" switch for sleep. And one of the most parent-trusted ways to mimic those soothing sensations is with the 5 S's! Here's what the 5 S's are and how to use them to comfort your baby.

The Basics of the 5 S's Method for Soothing Babies



Swaddling

Wrap your baby like a mini burrito with their arms snug and straight at their sides (hips loose)



Side/Stomach Positioning

Hold your baby on their side or stomach as you soothe them
(Important note: Babies should always be placed on their backs for sleep!)



Shushing

Make a "shhhh" sound or play white noise to mimic the sound of blood flow in the womb



Swinging

Swing—or jiggle—in fast, tiny movements while supporting your baby's head/neck



Sucking

Sucking on a pacifier, thumb, or breast is the icing on the cake when it comes to baby-soothing

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