



## How to Get a Colicky Baby to Sleep

Scan the QR code to access the video and complete the following after viewing.

1. Before you watch the video, look up what a “colicky baby” is and record the description:
2. What is the best thing a parent can use to calm a colicky baby? Why is this?
3. What is one specific suggestion Dr. Sears gives for how to keep the baby in constant motion?
4. How does Dr. Sears suggest you help sleep to “sneak up on your baby?”
5. What item might be very important to you have if you have a colicky baby?
6. What position do many colicky babies prefer to sleep in? How can you help them achieve this?
7. What tool does Dr. Sears recommend at the end of the video, and why does he say it may help a colicky baby sleep?
8. **Bonus:** if your group has extra time, look up an example of a baby sling online and write down the name and how much it costs: