

Calming a crying baby

Comforting a crying baby



Crying is a normal part of an infant's everyday life and is not meant to be annoying or suggest poor care giving. Crying is simply a form of communication for babies who cannot speak.

Although personalities vary, the reason babies cry are usually the same. They may cry if they are hungry, sick, wet, hot, cold or in pain; boredom, loneliness and tiredness may also cause babies to cry.

As you get to know a baby, you will begin to understand different cries and be able to respond. When baby's needs are met during the first few months of life, they are less likely to cry in the future. Meeting baby's needs develops a feeling of closeness and security for the infant.

Prompt meeting to your baby's needs is not going to spoil your child. In fact, by providing immediate attention, you will be supporting your child's development and creating a world that is safe and predictable.

Very few caregivers know exactly what to do at all times with a crying baby. Learning to communicate with babies not only helps meet their needs, but also makes way for strong and healthy relationships.

What parents can do

♥ When a baby is crying

- Check to see if the baby's diaper is wet.
- Offer the baby a bottle or pacifier.
- Check that the baby is not too hot or cold.

♥ Soothe the baby

- Place the baby against your shoulder and pat or rub the baby's back.
- Lie with the baby tummy-down on you so the baby can hear your heartbeat.
- Give the baby a warm bath.

♥ Cuddle the baby

- Walk with the baby snuggled against you.
- Slowly dance together.
- Comfort the baby with a breast feeding.

♥ Amuse the baby

- Go for a stroll or visit a friend.
- Use mobiles or toys to change the mood.
- Hold the baby up to a mirror.

♥ Calm the baby

- Read or talk to the baby in a quiet voice.
- Take a drive with the baby in his or her car seat.
- Sing or hum softly.
- Change the scenery - go to a quiet, darkened room.

♥ Be patient

- If you are getting frustrated and can't take it anymore, put the baby in a safe place such as a crib, go to another room and breathe.
- Calm yourself.



♥ Call for help. Other parents feel this way.

♥ No matter how frustrated or angry you become, do not shake the baby. Shaking can cause permanent brain damage and even death. Letting your baby cry when you've had enough is safer than shaking.