

Crying: What should I do?

Why does my baby cry?

- Since your baby can't talk yet, crying is one way to tell you what they need. Your baby may be telling you that he is hungry, wet, tired, or wants to be held. Sometimes your baby cries at the same time everyday. Your babies crying may be caused because of colic. Or crying just may be the way your baby deals with feeling tense.
- No matter why your baby cries, it is hard to listen to crying for a long time. If you try to stop the crying but it just doesn't work, it can be very frustrating.
- If you or other caregivers are sad, upset or tense your baby can sense this and may cry more.

What do I do when my baby cries all the time?

- If you think your baby needs food, feed slowly. Burp your baby often.
- Offer your baby a pacifier. If you think your baby is teething, chill the pacifier.
- Check your baby's diaper. If it is wet or messy, change the diaper.
- Check to see if your baby is too hot or too cold. Check to see if clothes are loose and comfortable.
- Hold your baby against your chest, walk or gently rock them.
- Comfort your baby with hugs and kisses.
- Take your baby for a ride in a stroller or the car. Be sure your baby is safely strapped in the stroller or in an approved car seat in the car.
- Sing to your baby or play soft music.
- Talk to your baby's doctor if crying is a problem.



**Be patient. Your baby does not hate you or want to ruin your life.
Your baby will outgrow the constant crying. It just takes time.**

What can I do if I feel like it's too much to deal with?

When you feel that you just can't listen to the crying anymore:

- Put your baby in a safe place, like a crib, with the side rails up. The room should be quiet, dark and a comfortable temperature. Close the door and take a break! If possible, see if someone else can take care of your baby for a half-hour or so.
- **Never pick up or hold your baby if you feel angry.**
- No matter how much the crying bothers you, never shake your baby! Hard shaking may cause brain damage, blindness, hearing loss, learning problems, seizures or even death. Letting your baby "cry it out" is much safer for your baby.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care.
Talk with your healthcare provider for diagnosis, treatment, and follow-up.**