

Crying: Understanding infant crying

When your baby cries, your baby is asking for your help. It isn't always easy to figure out what your baby needs, and sometimes your baby seems to have all needs met, but still wants to cry. Some babies cry less than others, but every baby cries.

When you go to soothe your crying baby, your baby is learning to trust that you are there to help, so it is important to try your best to solve the problem.

For many parents, not being able to comfort their crying baby makes them feel worried, frustrated and helpless. Sometimes you can try everything, and still nothing will calm your baby.

If you find you are getting very upset, put your baby in the crib and walk out of the room for a few minutes to catch your breath. Ask someone you trust for help. Each day, when your baby's needs are met, try to find some time to rest and take care of yourself. Your baby will grow and this will pass.

The stages of infant crying:

- Increased crying begins at approximately 2 weeks of age.
- Crying peaks during the second month.
- In the first three months of life, approximately 25 percent of babies cry for more than 3½ hours a day.
- At around 3 months old, babies start to cry less.
- All babies go through times when their crying cannot be comforted.
- Some babies cry longer and harder in the early evening hours.

What action steps may help?

1. Carry, comfort, walk and talk.

Try these things, one at a time: Rocking, patting or stroking your baby's back; humming one low note; swaddling; skin-to-skin contact; and bathing — these are all things you can try. Sometimes they will soothe your baby; other times your baby may continue to cry.

2. If it's too frustrating, it's OK to

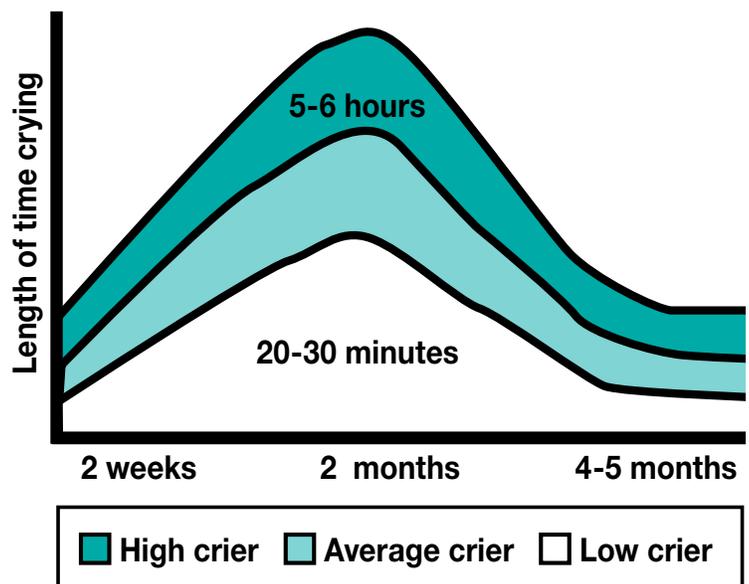
walk away. Place your baby in a safe place, and take a few minutes to calm yourself. Then go back and check on the baby. If it's too frustrating, it's OK to walk away for a moment.

Never shake your baby.

Research shows the number-one reason a person shakes a baby is frustration with crying. This can lead to a child's blindness, learning disabilities and death.

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Curves of Early Infant Crying 2 weeks to 4-5 months



Crying: Understanding infant crying (continued)

Share this information with everyone who cares for your baby.

My plan if my baby will not stop crying:

People I can call if I need support:



For more information

Period of Purple Crying

www.purplecrying.info

Centres of Excellence for Children's Well-being: Crying

www.child-encyclopedia.com/pages/PDF/Crying_behaviourANGmcP.pdf

Oregon 211info

Information and Referral Hotline

211info.org

Call 211 or 1-800-723-3638

Mayo Clinic: Crying Baby:

What to do when your newborn cries

www.mayoclinic.com/health/healthy-baby/PR00037

Bright Futures:

How to Soothe a Crying Baby

www.brightfutures.org/mentalhealth/pdf/families/in/soothe.pdf