

REASONS BABIES CRY

All babies cry. They have to. It's how they communicate. But it can be frustrating for a parent that doesn't know what their baby is trying to tell them.

COMMON REASONS BABIES CRY:

1. HUNGER.

This is the most common reason babies cry — especially when they are young.

Learn to recognize the signs of hunger so you can feed your baby before the crying begins.

2. DIRTY DIAPER.

Some babies can tolerate a dirty diaper for quite a while and some will let you know right away that they need a change.

3. TOO HOT or TOO COLD.

Most babies like to be bundled and warm, but not hot. Check whether your baby is too hot or cold by feeling their stomach. (*Hands and feet tend to be slightly cooler, so do not use these as a guide for your baby's comfort.*)

A good rule of thumb is to add one more layer of clothing than you need to be comfortable.

4. TIRED.

Many infants get cranky, especially if they are overly tired or have had a lot of attention. They may fuss and cry instead of just dozing off. Try holding your baby close and speaking to him/her softly.

5. WANTS TO BE HELD.

Babies need to be cuddled. Crying might be their way of asking to be held. When your baby is young, holding them will teach them that you are there to give them security.



Knowing the reasons why your baby is crying won't make your baby stop, but it can help you get through those first few months.

WHY BABIES CRY



The ABCs of Safe Sleep

Alone

Place baby by themselves, and keep their sleep area clear of soft bedding such as blankets, pillows, bumper pads, and plush toys.

Back

Whether at night or going down for a nap, place baby on their back every time they sleep.

Crib

Always place baby on a firm sleep surface, such as a mattress in a safety-approved crib, bassinet, or play yard.



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and how to cope

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6. TEETHING.

Teething can be painful. Some babies suffer more than others, but most will become fussy at some point along the way.

7. NOT COMFORTABLE.

Babies can be bothered by things as small as a hair wrapped around a toe, or clothing that is too tight. Some are even sensitive to the feel of certain clothes or blankets.

Do a quick body check on your baby. Is anything pinching him/her? Do they have a hair or string caught anywhere? Is the diaper too tight? Are their clothes scratchy?

8. TOO MUCH GOING ON.

The lights, the noise, the people!...sometimes it can just be too much for your newborn. Crying can be a baby's way of saying, "Enough!".

9. NOT ENOUGH GOING ON.

Is your baby constantly wanting to know what's going on? Some infants are eager to see the world and happiest when they are active. This can be tiring for parents.

Try to carry your baby in a sling/carrier. Plan activities and outings to kid friendly places, and spend time with other parents that have babies.

10. NOT FEELING WELL.

Gas can lead to a great deal of crying. If your baby cries after feeding, gas could be causing some tummy pain. Try lying them on their back, holding their feet, and gently moving their legs in a bicycling motion.

Acid reflux can also cause discomfort after feeding. If baby is spitting up and uncomfortable, try holding them upright.

Your baby could also be coming down with something. Check their temperature and watch for other signs of illness. The cry of a sick baby tends to be different than a cry of hunger or frustration. As the parent, you know your baby best. Call your doctor if you are concerned.

STAGES OF CRYING



You might not always be able to figure out why your baby is crying. Newborns often go through periods when they seem to cry more often and for no reason.

Just like there are "usual" times for babies to grow faster, there might be times when your baby cries more.

- ➕ At 2 weeks of age, crying increases
- ➕ Crying peaks during the second month
- ➕ Crying begins to decrease between the third and fifth month

Although these stages are normal, they are not always easy to navigate.

SO WHAT CAN YOU DO TO HELP COMFORT YOUR CRYING BABY?

1. CUDDLE.

Newborns often like to be wrapped and held tightly. They may also be soothed by skin to skin contact and the sound of your heartbeat when you hold them close.

2. FIND A CONSTANT RHYTHM.

Just as the beat of your heart can be calming to your baby, other repetitive noises can also have a soothing effect.

Try playing gentle music or singing. Even the steady noise of running water or hairdryer can sometimes help babies fall asleep.

3. ROCK YOUR BABY.

Most babies love to be gently rocked. You can do this in a chair or simply by walking around. Baby swings and car rides are other options that babies often find soothing.

4. TRY A MASSAGE.

Gently rubbing your baby's back or belly may help soothe him/her, especially if he/she seems to be having trouble with gas.

5. LET YOUR BABY SUCK ON SOMETHING.

The need to suck is very strong in newborns and can bring a great deal of comfort. Offering a clean finger or allowing him/her to nurse can help them relax and calm down.



6. DON'T BLAME YOURSELF.

If you know your baby's needs have been met and there isn't anything physically wrong, take some time to yourself so you don't become too stressed out.

- Take deep breaths
- Put your baby down somewhere and let him/her cry for a few minutes while out of your hearing.
- Keep in mind that the crying itself won't hurt them
- Call a friend or family member. Give yourself a break and let someone else take over for a while
- Take a shower or bath
- Listen to some music or white noise
- Exercise
- Remind yourself that this crying is a phase and it will pass

To find help, call 211 or go to helplinecenter.org

If you are a mother in need of mental health support, call or text the **National Maternal Mental Health Hotline at 1-833-852-6262.**

REMEMBER...You should check on your baby every few minutes to make sure he/she is OK.

NEVER shake or hurt a baby or young child.