



IT'S CRYING TIME AGAIN!



Coping with infant crying is stressful for parents and caregivers! So, it helps to remember that crying is natural and normal for babies. It is how they tell us if they are hungry, wet, uncomfortable, or just bored. It is also important to know that we can't always soothe them.

Sometimes babies seem to cry for no reason, even when all their needs have been met. Crying helps babies get the attention they need in order to develop physically, socially and emotionally.

Babies cry the most between the ages of two and four months. Some even cry for three or more hours a day! Here are some things you should know:

- ☎ Babies often cry more in the evening.
- ☎ Crying may come and go for no apparent reason.
- ☎ Crying is usually not a health problem.
- ☎ Crying becomes less frequent by four months of age in most babies.



Here are some things to check when your baby cries:

- ☎ Is the baby hungry?
- ☎ Does the baby seem hot, uncomfortable, or in pain?
- ☎ Does the baby need a diaper change?
- ☎ Does the baby calm down when held and/or rocked? It's fine to hold your baby when he or she is crying. This will not "spoil" a young baby, and will assure him or her that you are near and that his or her communication brings a response.

If you've done all you can to check the baby and the crying continues:

- ☎ Relax — the baby will be okay; crying will not hurt him or her.
- ☎ Take a break when you become frustrated and anxious about the baby's crying. Turn on some relaxing music to help calm your nerves.
- ☎ If there is an appropriate person available, ask them to watch the baby for a little while and take some "time out."

- ☎ Put your baby down in a safe place (crib, bassinet, baby carrier) and go to the next room. Check on the baby every 10 minutes or so to assure that he or she is safe. Sometimes a touch or a rub from you as they lay in the crib will reassure them you are there and everything is okay.
- ☎ Call a friend, relative, or parenting helpline. Talking to someone else can help to reduce your stress, and you will feel less alone.
- ☎ Call your doctor if you have questions.

As babies grow, they learn routines and how to calm themselves. So, don't give up. It gets better!

FOR MORE INFORMATION

Parenting is hard work! Call our Helpline at 1-800-CHILDREN (244-5373) when you need support. You may also send an email to: helpline@preventchildabusega.org. Providing support to overwhelmed parents is one way communities are working to prevent child abuse. ***Preventing child abuse is the work of everyone, every day.*** Join our efforts.