

IT'S CRYING TIME AGAIN!

Babies cry. Some babies cry more than others. It's normal for young babies to cry, and some cry for three or more hours a day. Babies cry the most between two and four months of age.

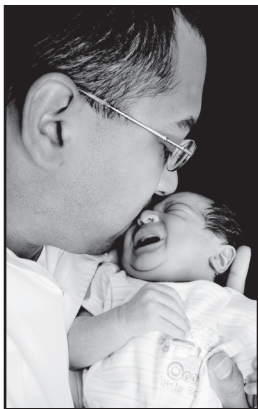
Crying is how babies tell us if they are hungry, wet, uncomfortable, or bored. Sometimes babies seem to cry for no reason, even when all their needs have been met. Crying helps babies to get the attention they need in order to develop physically, socially and emotionally.

Coping with infant crying is stressful for parents and caregivers! It's important to remember that crying is natural and normal for babies and that we can't always soothe them. Did you 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.

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 OK; crying will not hurt him/her.
- Take a break when you become frustrated and anxious about the baby's crying.
- If there is an appropriate person available, ask them to watch the baby for a little while and take some "time out" for yourself.
- 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 is safe, and you can try again to soothe him. If not, that's alright!
- 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.

DON'T GIVE UP; IT GETS BETTER! As your baby grows, she will learn how to calm herself as well.

For More Information

Call our Helpline at 1-800-CHILDREN to talk about what you can do to cope with crying babies. The Helpline is available Monday through Friday, from 8 a.m to 8 p.m. You can also e-mail the Helpline at helpline@pcageorgia.org.

**Helpline:
1-800-CHILDREN
(244-5373)**

E-mail: helpline@pcageorgia.org