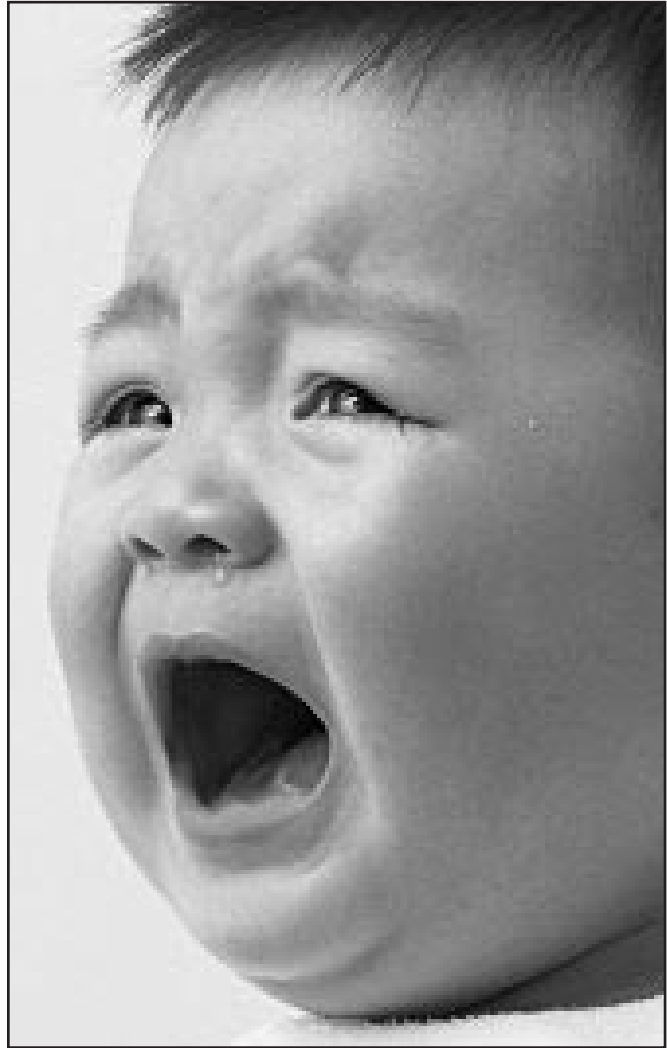


# It's Crying Time



## AGAIN!

**Does your baby cry more than normal?**

*Some babies cry more than others.*

*Some babies cry even when all their needs have been met.*

*Babies cry most between 2-4 months.*

**REMEMBER — It gets better!**

# Crying — It's a baby's job!



It is a baby's job to cry. Maybe the baby is hungry, the diaper is wet, or the child wants to be held. Occasionally your child might have a cry of pain. Sometimes nothing seems to stop the crying.

**So, it is a baby's job to cry. It seems like some do it too well!**

- It is normal for babies to cry — sometimes for 3 or more hours a day.
- Babies usually cry more often in the evening.
- Crying may come and go for no reason.
- Crying usually is not a health problem, unless someone gets angry at the child and hurts him/her.
- Crying slows down after three or four months in most children.

## **Things for you to check:**

- Is your baby hungry?
- Is your baby in pain?
- Does your baby need a diaper change?
- Does your baby want to be held?

## **If none of that seems to be the problem:**

- Relax — your baby will be okay.
- Have someone else watch your baby for a while if it is bothering you too much.
- Put your baby down in a safe place and go to the next room. Check your baby every 10 minutes to see if there is anything you can do; but if not, your baby will be okay.
  - Exercise.
  - Listen to music.
  - Call a friend, relative, or a parenting helpline.
- Call your doctor if you have questions.

**Don't give up, it gets better.**



**Prevent Child Abuse  
Georgia**

**Call 1-800-CHILDREN for more information**

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