

Coping With a Crying Baby

Babies cry for many reasons.

They may...

- Have a soiled diaper
- Be hungry
- Be too hot or too cold
- Be tired, afraid, lonely, or ill
- Be bored
- Be over stimulated

Things to Do

Learn how to help calm your child - *and not lose your temper.*

- Hold your child close to you.
- Walk around the room slowly.
- Rock your child.
- If hungry, feed and burp your child.
- If breastfeeding, avoid caffeine, alcohol, or tobacco.
- Take a ride with your child - motion soothes.
- Lower lights and noise.

If Your Child Keeps Crying:

- Count to 10. Take deep breaths.
- Take a break by laying your baby on his back in the crib or a safe playpen.
- Ask for help or advice from a trusted friend or relative.
- Call your baby's doctor. Your child may need medical attention.

REMEMBER:

At times you may get upset with your child.

You may feel...angry, tense, worried, or sad.

It's okay to have these feelings, but do not blame your child for how you feel. *Losing your temper for an instant may result in lasting damage!*

- YOU are your child's protector.
- Your baby's brain is still developing and does not have the protective coating it will have by age six.
- *Shaking or striking a baby can cause:*
Blindness, loss of hearing, internal bleeding, paralysis, lasting brain damage, even death
- **A CHILD WILL OUTGROW THE CRYING!**