

Babies Cry

What to Know About Crying

- All babies cry.
- Crying is upsetting for a reason. It's a signal that the baby needs help.
- Newborns have to be fed more often and they are more likely than older babies to be hungry when they cry.
- Watching and responding to early cues can help prevent some crying.
- It is common for a six-week old baby to cry on-and-off for up to two hours per day.
- Babies cry less and less as they get older.



If you start to feel angry or overwhelmed because of your baby's crying, put the baby down in a safe place for a few minutes and take a break. Ask a friend or family member for help.

Contact your doctor if you think your baby is crying too much.



Steps to Help Calm Your Crying Baby

Babies use crying as a way to communicate many different things. They use crying to tell parents that they need their help. When your baby is crying:



1 Try to Figure Out the Reason for Crying

For example, is she:

- in need of a diaper change
- hungry
- tired
- overstimulated
- too hot or too cold
- uncomfortable

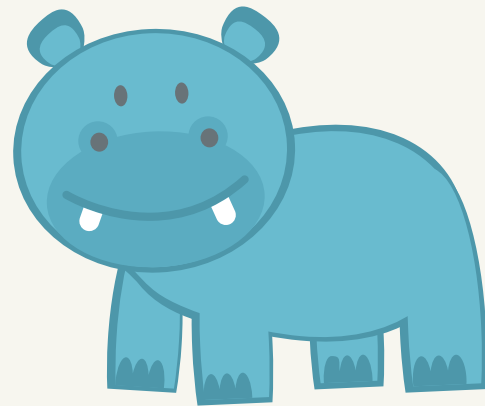
There may be times when you've checked everything and your baby still cries. When this happens,

2 Hold Your Baby Close to You

3 Repeat the Same Action Over & Over

You might try one of the following:

- speaking or singing softly
- gently rocking, swaying or bouncing your baby
- gently massaging her back, arms, and legs



Remember to be patient. Calming your baby takes time. Sticking with the same action for several minutes before trying something different can be the secret to success.

For more information, call the Oklahoma WIC Program at 1-888-OKLAWIC (655-2942) or visit <www.ok.gov/health>.



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