

Crying Baby



handle with care



Remember:

- **Crying is an annoying sound.**
- **All parents can feel frustrated, tired, or overwhelmed at one time or another.**
- **It is more important to stay calm than to stop the crying.**

Why is your baby crying?

- Crying is a normal behaviour for babies.
- Sometimes it is difficult to understand why your baby is crying.
- Some babies cry more than others.
- Crying is an annoying sound that is meant to get our attention.
- Crying is the only way your baby can talk to you.
- Your baby can cry for many different reasons (they may be hungry, tired, need a diaper change, or want to be comforted).
- Most babies will sometimes experience long periods of crying that cannot be easily soothed.

Research shows that crying begins to increase around 2 weeks of age, reaches a peak at 6 weeks and then may slowly decrease over the next 6 weeks.



You cannot spoil a baby by responding to their cries.

- Babies cry for a lot of reasons but never to make you angry or to control you.
- Responding to your baby's cues in a warm, loving way will help you to build a strong bond and trust.
- Attachment (the special relationship you develop with your baby as you learn to read and respond to their cues) is important for your baby to feel safe and secure.
- Baby's need physical contact to thrive and grow.
- The more you touch, cuddle, kiss, and interact with your baby, the more brain cells and nerve pathways will grow in your baby's brain to help them learn.



Babies cry for a lot of reasons but never to make you angry or to control you. You cannot spoil a baby by responding to his or her cries.

What can a parent do?

Respond to your baby's cries. Over time, you will learn to know what each of their different cries mean.

Check to see that the basic needs of your baby are met first:

- Feed your baby
- Check the diaper
- Comfort your baby
- Check your baby's clothes for pinching or rashes
- Check the back of your baby's neck to feel if they are too hot or too cold



If you have done all these things and your baby is still crying, here are some things to try:

- Hold your baby upright
- Try changing your baby's position
- Burp your baby
- Play soft music or "white noise" as background sound
- Rock your baby
- Snuggle your baby against you, skin to skin
- Go for a walk with your baby
- Move to a quiet, darkened room to decrease the amount of stimulation for your baby
- Ask for help from a support person (partner, family member, friend)



All parents can feel frustrated

- There may be times when you can't settle your baby's crying.
- Not being able to comfort your baby and stop them from crying is a normal experience for most parents.
- If you are tired, ill, or stressed, it can be hard to stay calm with your baby.
- It is important to take steps to manage your own feelings to meet your baby's needs.
- Taking a few deep breaths or giving yourself a comforting message such as "this will be ok", "all babies cry", or "this will pass" may help calm you down.
- Crying may mean that your baby is not feeling well.
- If you are worried about your child's health, take your baby to see a healthcare provider.

It is more important to stay calm than to stop the crying.

Things you can do to calm yourself if your baby won't stop crying:

- Gently put your baby in their crib where they will be safe and leave the room.
- Take a break to calm down before trying to comfort your baby again (letting your baby cry for a few minutes will not hurt them).
- Listen to some music.
- Take a shower/bath.
- Close your eyes and take some deep breaths.
- Call someone to talk to and ask for help (your partner, a family member, or a friend).
- Count to 100.

No matter how upset you feel, NEVER EVER shake a baby.

- Babies have weak neck muscles and heavy heads.
- A baby's head and neck should always be supported.
- Even a few seconds of forceful shaking can cause serious damage to babies and small children.
- **Shaking a baby** in a moment of frustration **can cause blindness, brain damage or death.**
- Even minor injuries to a baby's brain can cause life long problems.



No matter how upset you feel, never, never, never shake a baby.

Where can a parent go for help?

Babies rely on you and other caregivers to meet their needs. This can be very stressful and demanding. The following organization can provide important information about your child's development as well as support you as a parent.

Adapted with permission from KFL&A Public Health



**HEALTH
DEPARTMENT**

Durham Health Connection Line
905-668-2020 or 1-800-841-2729

durham.ca/parenting

If you require this information in an accessible format,
contact 1-800-841-2729



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