

## Coping with a Crying Baby

### Babies Cry for Many Reasons

#### **At times you may get upset with your child for crying.**

You may feel.....angry, tense, worried, or sad.  
It is 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!

#### **A baby may be crying because...**

- Wearing a wet diaper
- Hungry
- Too hot or too cold
- Tired, afraid, lonely or ill
- Bored
- May be colicky and cry even when held

#### **Learn how to help calm your child – and not Lose your temper.**

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

#### **If Your Child Keeps Crying:**

- Count to 10 or 100. Take deep breaths.
- Take a break by laying your baby on the back in the crib
- Ask for help or advice from a trusted friend or relative.
- Call your baby's doctor. Your child may need medical attention.

#### **REMEMBER:**

- YOU are your child's protector.
- Your baby's brain is still developing and will not have a protective coating until age six.
- *Shaking or striking a baby can cause:*  
Blindness, loss of hearing, internal bleeding,  
Paralysis, lasting brain damage, death

YOUR BABY will outgrow crying!