

It is hard to listen to your baby cry. Frequent or non-stop crying can be quite stressful. As you get to know your baby, you will learn to figure out why they are crying and how to comfort them.

All babies cry

- Babies can cry 2 to 3 hours a day – sometimes more.
- Babies cry the most when they are 2 to 4 months old.
- Babies may cry more in the evening.

Cover the basics

Crying is your baby's way of letting you know they need something. Try to learn what they are saying to you. Start by checking these basics.

Hunger	<ul style="list-style-type: none">• See if your baby would like to be fed.
Discomfort	<ul style="list-style-type: none">• Make sure your baby's clothes are not too tight.• Make sure your baby is not too hot or cold.• Check to see if your baby needs a diaper change.• Relieve gas pain by burping your baby.• Change your baby's position.
Boredom	<ul style="list-style-type: none">• Walk, rock gently, play, sing, talk or read a book to your baby.• Take your baby for a car or stroller ride.• Show your baby a rattle or toy.• Put your baby in a baby swing. (If they fall asleep, move them to their crib for safety.)
Overstimulation (too much activity)	<ul style="list-style-type: none">• Move to a quiet, calm space.• Swaddle or wrap your baby snugly in a small blanket.• Hold your baby close against your body, and breathe calmly and slowly.• Give your baby a pacifier or finger to suck on.
Sickness	<ul style="list-style-type: none">• Check for signs of sickness, like fever or vomiting (throwing up).• Call your baby's doctor if you have questions.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Coping with a crying baby, continued

Other ways to comfort your baby

Babies sometimes cry even when all of their basic needs have been met. A warm bath, a gentle massage or quiet music may help. You can do these things to help your baby feel relaxed and safe:

- Hold, touch, talk and sing to your baby as much as you can.
- Give your baby lots of love and care. You cannot spoil a baby with too much attention.
- Respond right away when your baby cries.
- Follow a daily routine. Routines are comforting to all children, even babies.

Stay calm

What do you do when you have tried everything, but your baby is still crying? It is a good idea to have a plan to help you stay calm and composed. Here are some steps you may want to include:

- Take some deep breaths. Try to relax. Remind yourself that it will get better. You are doing the best that you can.
- Lay your baby down on their back in their crib. Close the door, and go in the next room. Check on your baby every 5 to 10 minutes to make sure they are OK.
- Take a break if needed. Exercise. Listen to music. Take the baby for a ride in the stroller to get some fresh air.
- Call a friend or family member for support. Share your feelings with someone who will listen and care.
- Ask for help. Have someone you trust take care of your baby while you take a break.

Babies are fragile

No matter how upset, frustrated or angry you get, **never shake or hurt your baby**. Shaking a baby can cause injury, brain damage and even death. Make sure everyone who cares for your baby knows this.

If you think you may lose control or hurt your baby, call:

- Your baby's doctor: _____
- Prevent Child Abuse Georgia's Helpline at 1-800-CHILDREN (1-800-244-5373)
(Monday to Friday, 8 a.m. to 6 p.m.)

If you do not know what else to do, call 911. If you know or think someone has shaken or hurt your baby, call 911 or take your baby to the hospital **right away**.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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