



Why Babies Cry: AND HOW TO RESPOND

UNDERSTANDING CUES MEANS LESS CRYING

Your baby will use their cues to tell you that they need something.

For example:

- >> If they are tired, they may open and close their eyes and nod their head.
- >> If they are too excited, they may turn away and have tense muscles.

If your baby does not get a response to their cues, they will get more upset.

- >> Responding early can help prevent some crying.



Your baby will cry to let you know they really need something. They may cry when they are:

- >> Uncomfortable
- >> Too excited or active
- >> Tired or frustrated
- >> Ready for a diaper change
- >> Too cold or too hot
- >> Startled or scared
- >> Bored or lonely
- >> Sick or in pain

CRYING BABIES ARE NOT ALWAYS HUNGRY

When your baby is crying and hungry, they will show hunger cues while they cry:

- >> Put their hands near their mouth
- >> Search for the breast or chest
- >> Bend their arms and legs.

- >> When they are crying, but not hungry, their body will be stretched out and they will not give hunger cues.



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REPEAT, REPEAT, REPEAT

Sometimes, your baby will cry even if there is nothing obviously wrong.

Babies often calm down when you use repetition (doing the same thing over and over).

Some ideas are:

- >> Singing or saying “shhh...”
- >> Rocking
- >> Riding in the stroller

* It may take a while for your baby to relax. Keep doing the same calming action over and over until they feel better.



WHEN THE CRYING BECOMES TOO MUCH TO HANDLE

- >> If you feel angry, helpless, or overwhelmed when your baby is crying, it is time to get help.
- >> Put your baby down in a safe place so you can take a short break. Call your partner or a trusted friend to talk to.
- >> If you still feel frustrated or angry after a break, get help. Ask a friend to come take care of your baby to give you a longer break or some rest



Every parent will sometimes feel extremely frustrated and tired. If this happens to you a lot and does not pass with short breaks, you may have what is called postpartum depression. It is important for you to talk to your health care provider.

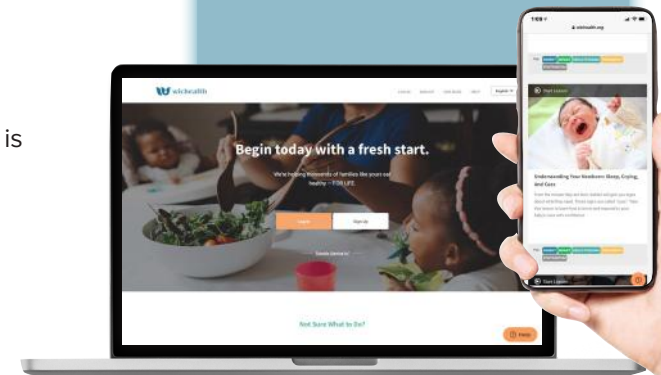


Take This Lesson to Learn:

- How to recognize your baby's hunger and fullness cues.
- Tips to help your baby fall asleep and stay asleep.
- How to know if your baby is getting enough milk.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Understanding Your Baby: Sleep, Crying And Cues**



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