

BABIES CRY

Crying is normal and part of a baby's development



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.
- Your baby may cry on-and-off for up to two hours per day until they are around 5 to 6 months old.

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.

Remember, baby is safest on their back in a bare sleep environment. Contact your doctor if you think your baby is crying too much.

STEPS TO HELP

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

CALM YOUR CRYING BABY



When Your Baby is Crying:

Try to Figure Out the Reason for Crying.

For example, is she:

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

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

Hold Your Baby Close to You.

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.

Know when to call for help.

If you become overwhelmed, it's important to stop and recognize your feelings and never react physically. Call the Oklahoma Warmline at 1.888.574.5437 for help with parenting.

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

