

e. Crying

MODULE 8

All babies cry and many babies cry a lot. They cry because it is the only way they have to let you know that they need something.



When your baby cries, try to find out why. With time, you will recognize your baby's different cries and know what to do.

Babies cry because they need food, love, attention, or cuddling. When you respond to crying, you are helping your baby learn that help and love come when needed. **A baby whose needs are met will feel safe, secure, and loved, not spoiled.**

The following table will help you identify the reasons why your baby cries and what to do.

REASONS YOUR BABY CRIES AND WHAT TO DO	
Possible reasons	A few tips
Hungry or thirsty	<ul style="list-style-type: none"> • Feed the baby, especially if it's been more than two hours since the last feeding • Crying is a late sign of hunger
Uncomfortable	<ul style="list-style-type: none"> • Burp the baby. • Check the diaper pins. • Change wet or dirty diapers. • Change the baby's position. • Gently rub the baby's back. • Check the room's temperature (not too hot, not too cold.) • Make sure the baby is not overdressed or underdressed.
Insecure (does not feel secure)	<ul style="list-style-type: none"> • Wrap the baby securely in a light blanket. • Help the baby feel secure by moving slowly and calmly. • Hold the baby close and cuddle.
Lonely (feels alone) or bored	<ul style="list-style-type: none"> • Talk or sing to your baby. • Move the baby to a room with other people. • Play music. • Rock the baby. • Take the baby for a walk. • Give the baby a toy or a mobile to watch.
Overtired (too tired)	<ul style="list-style-type: none"> • Move the baby to a quieter place. • Give the baby something to suck - your breast or a soother. The use of soothers is not recommended for healthy full term babies until breastfeeding is well established (about 4 to 6 weeks). • Try quiet motions - rocking, patting, or riding in a car or carriage. • Turn on the dishwasher, clothes dryer or washing machine. babies often like these sounds. They remind them of the sounds they heard in the their mother's womb. • Take a warm bath with your baby. (Be sure that there is somebody to hold the baby while you get in and out of the bathtub.
Fussy time of day	<ul style="list-style-type: none"> • Try ideas for an overtired baby. This usually happens in late afternoon or early evening. • Try to plan ahead to make this time of day calmer. For example, get supper ready ahead of time and plan activities to keep your other children busy. • Ask for help during this busy time. Your partner or someone else can take care of the other children or do the chores while you take care of the baby. • Use a ® Snuggly so you can hold your baby close and still have your hands free. Babies who are held and cuddled for longer periods cry less.

Sometimes, no matter what you do, your baby will continue to cry. This can be very frustrating.



Babies are very easily hurt if they are handled roughly or shaken. Shaking your baby can cause death or permanent brain damage. Make sure that everyone who handles your baby knows about "Shaken Baby Syndrome".

It is easy to say "stay calm", but this can be very difficult to do. If you feel your temper rising and are afraid that you might hurt your baby, you should:

- Put your baby safely in his/her crib and leave the room.
- Do something to let off steam. Run, jump, scream or hit a pillow.
- Call for help. Call a friend, a family member or help line. Sometimes just talking to another adult can help you feel better.