



Understand what is normal for your child

- All babies cry. Crying is the main way for your baby to get your attention and tell you what he needs.
- Every baby is different. Some babies cry more than others. Remember, it is normal for your baby to cry every day.
- Your baby's crying will increase until about 3 months of age. After this age, most babies will start to cry less.

Look at your child and his surroundings

- When your baby starts to cry, look for reasons why he might be crying. Your baby may be crying because he:
 - is hungry
 - is tired or over stimulated
 - is too hot or too cold
 - is bored or scared
 - wants to be with you

Respond sensitively to your child

- You might not always know why your baby is crying. The most important thing is that you respond when your baby cries.
- As you spend time with your baby and respond to his cries, you will learn what some of his cries mean. Some questions to ask are:
 - Is your baby sick?
 - Is your baby teething?
 - Has there been a change in your baby's routine?

If you are answering yes to any of these types of questions, it is important to meet your baby's immediate needs. For example, go to the doctor if your baby is sick.





Crying

- You can help to soothe your crying baby by responding sensitively. Some ways to respond sensitively are:
 - responding quickly and calmly
 - showing your face to your baby
 - talking to your baby in a soothing voice
 - gently putting your hand on your baby's tummy
 - stroking your baby
 - singing or humming to your baby
- If your baby continues to cry, try:
 - picking your baby up and holding him skin-to-skin to help calm him
 - rocking your baby
 - walking with your baby
- Start with one soothing action at a time. Doing it over and over again works best. If what you tried is not working, try another soothing action.
- Responding to your baby every time he cries will not spoil your baby. It teaches him that he can trust you to care for him when he needs you.
- When you respond sensitively to your crying baby, your baby will feel safe, loved, and secure. Your baby will learn that you are there for him, and as he grows he will be able to soothe himself more easily.

Grow as a parent

- You have not failed as a parent if your baby continues to cry even though you are trying to soothe him. Responding to your baby's cries is more important than whether or not your baby stops crying.
- If you are starting to feel frustrated or angry with your baby's crying, put your baby in a safe place, like his crib, and take a short break to calm down. Ask for help from family or friends.

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