

Tips to help you cope with crying:

1. Stay calm and be patient - it could take several minutes for your baby to settle down.
2. Use your baby's cues to try to identify what your baby is telling you.
3. Hold your baby close to your body.
4. Speak softly or sing over and over.
5. Rock, sway or bounce your baby gently over and over.
6. Massage his back, arms, and legs gently.
7. If you start to feel angry or overwhelmed, lay your baby down in a safe place for a few minutes and take a break.
8. Ask a friend or family member for help.
9. Contact WIC or your doctor if you think your baby is crying too much.



**Never
shake a
baby!**

If you need this in an alternate format, call
971-673-0040 or TTY 1800-735-2900

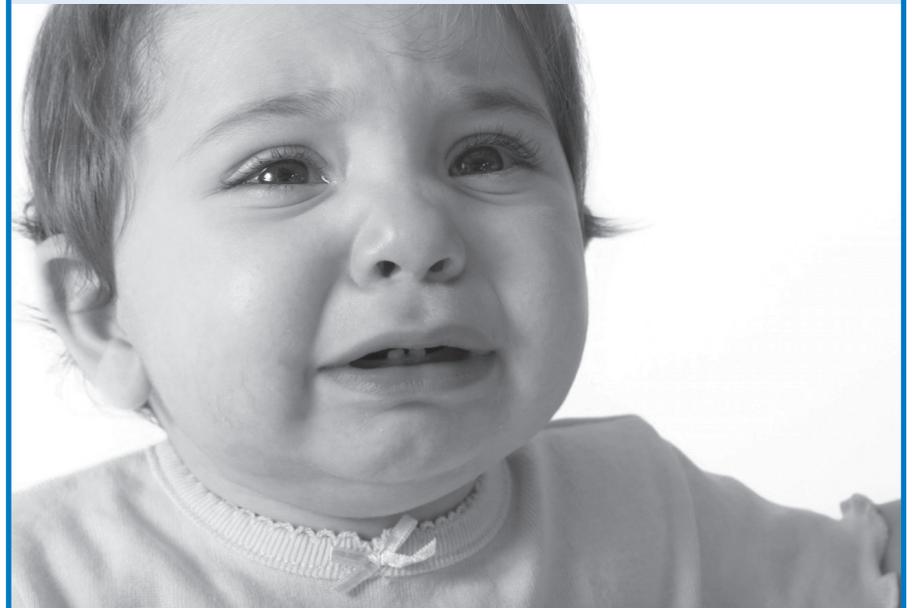
www.healthoregon.org/wic

Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study. Key Resource: Sumner, B., & Barnard, K. (1980). Keys to caregiving. Seattle: NCAST, University of Washington."

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Why do babies cry?

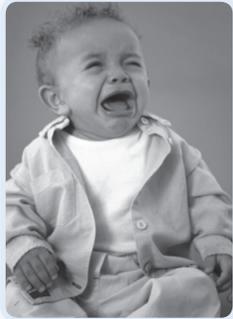


It can be very upsetting when babies cry. Crying is normal, but there are things you can do to reduce it.

Not-so fun facts about crying

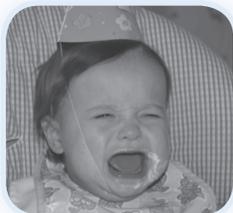


All babies cry.



- Crying is upsetting for a reason - it is important that your baby can let you know when he needs help.
- Your baby may cry for many reasons, not just because he is hungry.

- When you try to help, it may take a while for her to calm down. Your baby needs time to respond.



- Your baby will cry less and less as she gets older.

Babies cry for many reasons

Sometimes it is easy to know what your baby needs (like a diaper change). Other times it will take longer to understand why your baby is crying.



Watch for these cues to learn why your baby is crying...



- If your baby is hungry, he might:
 - Make sucking noises
 - Pucker his lips
 - Keep his hands near his mouth
- If your baby needs a break from what's going on around her, she might:
 - Turn or push away
 - Stretch out her fingers
 - Have tense muscles in her face and body
- Many times babies show cues before they start crying. Watching for these cues and helping your baby be more comfortable is a good way to reduce crying.

