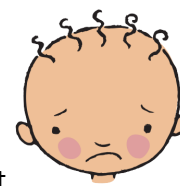




# Crying Care

For Babies and Parents

Fussy Baby Network® New Orleans & Gulf Coast



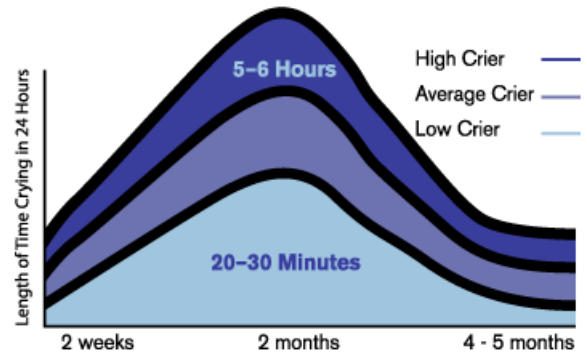
## Crying is sometimes a cry for help:

When babies cry, they are often trying to communicate.

What is your baby telling you?

- ◆ **I'm hungry!** Babies may need to eat more often than you expect. If it has been more than an hour since your baby has eaten, he may need to eat again.
- ◆ **I'm lonely!** If your baby calms down and stays calm as soon as you pick her up, she missed you! Your baby's need for closeness is very real. You CANNOT spoil a baby by cuddling her when she needs it.
- ◆ **I'm wet!** Some babies don't mind, others do.
- ◆ **I'm tired!** Sometimes babies fuss before sleeping.
- ◆ **I'm hurting!** Baby may be uncomfortable because something is poking him or his clothes have sharp tags or zippers. He may also be having belly or gas pain.
- ◆ **I'm too cold or too hot!** Feel your baby's back or tummy to see if she is too cold or too hot, and adjust her clothing to make him comfortable.
- ◆ **Too much is going on!** Sometimes your baby may get overwhelmed by everything going on around him. Rock your baby in a dimly lit room to calm him.

## Curves of Early Infant Crying 2 Weeks to 4 - 5 Months



## Sometimes babies cry and we don't know why:

All babies start off crying a little when they are born, and the amount of crying increases during the first two months of life. Then, the amount of crying slowly starts to go back down again. During this time, sometimes babies cry even when parents are working hard to meet their needs. Things will get better, but in the mean time, remember to take care of yourself and reach out for support! Call the **Fussy Baby Network New Orleans & Gulf Coast** to talk to someone about your baby and have someone come visit you and baby at home. **855-371-BABY (2229)**

## You can soothe your crying baby:

- ◆ Swaddle or wrap your baby in a soft blanket with just her head uncovered.
- ◆ Rock continuously with your baby lying across your lap. This may put her to sleep.
- ◆ Burp your baby to see if an air bubble in his stomach is making him uncomfortable.
- ◆ Give your baby a pacifier. Sucking is soothing to many babies and helps them calm.
- ◆ Make a gentle shooshing sound in you baby's ear while you rock or bounce him.
- ◆ Care for a crying baby in shifts. Take turns with your partner, relative, or friend so you can get a break.