

# REFRIGERATOR NOTE

## CRYING AND WHAT TO DO

### WHY BABY CRIES:

*Discomfort* - diaper rash, straining to fill diaper, too cold, too hot

*Fear* - sudden movement, loud noises, precarious position

*Lack of body contact* - a simple need to be held and touched

*Boredom* - lack of stimulation or attention

*Uncomfortable position*

*Overstimulation*

*Hunger, need to suck*

*Fatigue, sleepy*

*Wet Diapers*

*Tension* - from self or others

*Pain* - gas, indigestion, colic

AND of course, the unknown

### WHAT TO DO:

FEED THE BABY

BURP THE BABY

CHANGE DIAPERS

ROCK

WALK

TALK TO BABY

PAT BABY WHILE IT LAYS ON STOMACH

PUT BABY WHERE IT CAN SEE THE ACTION

DISTRACT BABY FROM CRYING - ENGAGE BABY'S

ATTENTION VISUALLY WITH A MOVING OBJECT,

OR WITH THE NOISE OF A MUSIC BOX OR RADIO

GIVE BABY A PACIFIER

PICK UP AND HOLD ON SHOULDER

**DO NOT SHAKE BABY - CALL FOR  
HELP!!!!**