

Why is my Baby Crying?

Comforting your Baby



Why Baby Cries

If you think about it, your baby has only one option when it comes to communicating with you- crying! Your baby learns quickly that when he/she cries, you respond. The best way to soothe a crying baby is to use a mental check list every time you tend to her.

Ask yourself:

1. Are his/ her basic needs being met? These include:
 - Hunger - look for sucking, or turning towards mom's breast
 - Discomfort- dirty diapers, gas, diaper rash, too hot, too cold
 - Fatigue -sometimes babies must cry to relieve energy before they can fall asleep!
 - Neglected - babies yearn to be held, talked to, and loved
 - Illness - check for fever, stuffy nose
2. Is he/she uncomfortable in the environment?
 - Overwhelmed - too much commotion is stressful to a baby
 - Pain - look for something pinching him, metal on the car seat burning him, laying on top of a toy
 - Afraid - babies understand when people are angry, sad, or stressed...it is very troubling to him/ her!
 - Bored - yes, babies cry when they want to be entertained

WHAT CAN I DO?

Sometimes, the answer is easy. Feeding, changing, burping, and holding your baby solves the problem in most cases. However, sometimes nothing seems to make her happy. Whatever you do, **DON'T STRESS OUT!** Try these tactics when the others don't work:

- Walk with her
- Go for a drive
- Play music
- Sing to her
- Play with her
- Give her a toy
- Caress her
- Walk outside
- Try a pacifier