

## TIP SHEET: **Crying**

Ages Affected: All

**Crying is your baby's way of communicating with you and it is a normal part of his development.**

### What to do when your baby is crying:

Parents often panic and look for things to cheer up their baby. Before rushing to calm down your baby, you should first learn how to deal with your own feelings.

**Here are a few tips and suggestions to help take care of yourself and your crying baby:**

#### For Parents/Caregivers:

- Children cry for several reasons including hunger, anger, fear, anxiety, teething, sickness and so on. Your crying baby is trying to tell you what he needs. Stay calm and ask yourself these questions: Is it a wet diaper? Is it hunger? Is your baby gassy? Is your child tired? Or is your baby over stimulated?
- Stay calm. Don't blame yourself for your crying child. Reduce your stress and show your baby that you are calm. This will comfort your baby.
- Don't get angry with your crying child. Remember that this is your baby's way of communicating with you.
- Sometimes, distracting a crying child will do wonders. For this, you could make a funny face, get out a favorite toy or game, or turn on a lively movie or children's show. Breaking the crying cycle using distraction usually works quite well.
- Most crying children love to be held. If you can, sit with your child in a rocking chair—the back and forth motion of the rocker and the warmth and security of your arms are a great soothing tool. You might even hum or sing softly to your child, creating a sense of comfort and security.
- Your baby could be trying to tell you something very important, so never ignore a crying child. Instead, be comforting and helpful to your baby.

If nothing works, keep stroking your child gently until he falls asleep.

- If you cannot seem to calm your baby or child be sure to take care of yourself. Leave your baby with another adult or in a safe place such as a crib. Walk away for a few minutes and take a few deep breaths, get some fresh air and relax.
- When your baby is calm and awake, play and spend time with her. Your baby will learn that she will get your attention when she is calm, not just when she is crying.

#### Tips to Comfort Your Crying Baby:

- If it is a wet diaper, then change your baby into fresh clothes. Wet diapers can cause discomfort because they feel itchy, wet or hot.
- If it's been awhile since you fed your baby, your baby may be hungry. Try feeding her.
- If your child is crying due to gas then stroke his stomach downwards or carry your baby upwards and go for a walk to ease the discomfort in your child's tummy.
- Babies often cry if they are tired and cannot fall asleep. Carry your baby to a calm room and gently stroke him until he falls asleep.
- For overstimulated, cranky babies, tranquil noise works well. It calms them and helps them to focus and relax. Sources of white noise could be fish tanks, vacuum cleaners, washing machines and fans.

#### How Much Should Your Baby Cry?

Age in Weeks	2	4	6	8	10	12
Approx. Number of Hours/Day	1¾	2 or more	2¾	2	1½	1