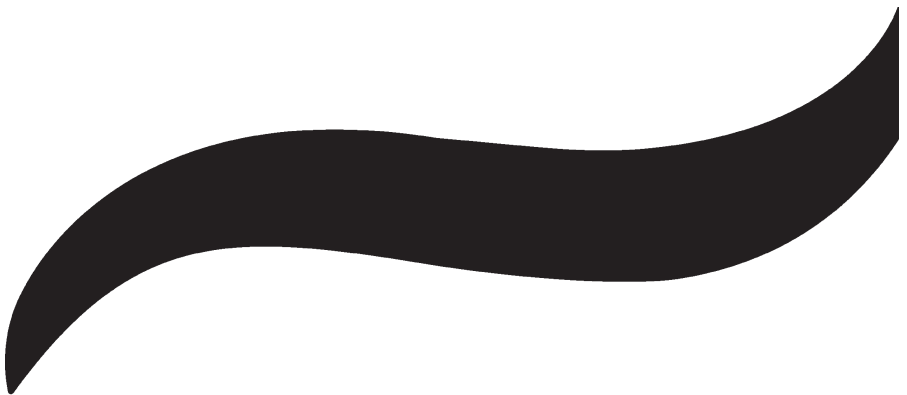




Tips for a crying baby

Information for patients



TIPS FOR A CRYING BABY

Infants communicate in various ways in their early years. One method in which they communicate is crying.

Crying is a normal part of development; however, this can be very distressing for the parent/carer and can often leave them feeling stressed and unable to soothe the baby. A baby can cry for more than two hours per day, which peaks at 4-6 weeks of age, even if all their needs have been met. This tip sheet provides some suggestions on how to understand your baby and their crying and provide some support for yourself when they cry.

WHY BABY'S CRY

- ❖ Tired
- ❖ Hungry
- ❖ Thirsty
- ❖ Too full
- ❖ Uncomfortable (hot, cold, wet or soiled)
- ❖ Pain (such as colic related)
- ❖ Too much noise, over stimulated, change or stress at home
- ❖ Lonely (wanting to be held)
- ❖ No obvious reason

WHEN BABY CRIES

- ❖ Respond quickly when the baby cries. As babies learn that when they cry they are responded to
- ❖ Try and identify the reason and make them comfortable
- ❖ Keep yourself calm
- ❖ Relax your baby (hold them upright, touch, cuddle, sing, play music and use gentle movements)
- ❖ Seek support from your partner, family member or friends

PERSISTING CRYING

If you have tried all you can to soothe your baby without success it's important that you take a few moments to reduce your own anxiety and stress levels. Try putting your baby in a safe place and go to another room to allow yourself to relax. Return to your baby every 3-5 minutes to ensure they are safe.

WHEN TO SEEK HELP

People are often anxious that there is something wrong with your baby. Please contact your Health Visitor if you are worried or concerned.

USEFUL RESOURCES

- ❖ Cry-sis.org.uk
- ❖ NHS Website
- ❖ NLT
- ❖ Solihull – refer to the website resource in 1st visit pack.

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