



be smart. be healthy.

right FROM THE start

For more tips on your health:

This material does not replace the advice of your health care provider.  
Ask him/her for more information on this topic.

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## COPING *with* CRYING

*What to do when your  
baby won't stop crying*



Babies cry for many reasons. They may be hungry, too hot or too cold. They may need a diaper change, or be in discomfort or pain because of fever, illness, teething or colic. They may be overstimulated or just bored. Whatever the reason, there are ways you can cope with the crying.

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## understanding your baby

Taking care of your baby can be fun and enjoyable. But when your baby won't stop crying, it can be very upsetting for you and caregivers. First of all, it is normal for your baby to cry. A baby may cry two to three hours per day – and sometimes more! Non-stop crying is difficult for all parents to cope with.

- ✧ Crying happens most often in the evenings.
- ✧ Crying may start and stop for no apparent reason.
- ✧ Crying may not stop no matter what you do.
- ✧ Your baby's crying will not hurt him/her.



## ways to calm your baby

It may seem like your baby cries more than others, but all babies cry and some cry a lot! You can do the following things to try and soothe your baby.

- ✧ Check the reasons why your baby may be crying. Then, try to calm your baby.
- ✧ Check your baby's basic needs: hunger, dirty diaper, uncomfortable clothing, too hot or too cold.
- ✧ Offer the baby a pacifier.



hold the baby against your chest and massage, walk or rock the baby.

- ✧ Sing, hum or talk to the baby.
- ✧ Take the baby for a walk in a stroller or a ride in the car seat.
- ✧ Check with your baby's health care provider if you think your baby is crying too much.



## ways to handle your frustration when your baby is crying

- ✧ Place the baby in a safe place (such as his crib) and let him cry. Check on him every 5-10 minutes to make sure he is alright.



relax by taking a bath or shower, exercising or playing music.

- ✧ Call a trusted friend, relative or neighbor and ask them to watch the baby and give you a break.
- ✧ Sit down, close your eyes and take 20 deep breaths.
- ✧ Think about how much you love your baby.
- ✧ Talk to someone. Call a crisis hotline, such as 1-800-FLA-LOVE.

whatever you do,  
don't take your  
frustrations out  
on your baby!



**NEVER, NEVER SHAKE YOUR BABY!**



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