



Crying

Babies cry for many reasons, not just because they are hungry.

Baby Tears

Crying can be very stressful for new parents, but crying is normal. It is an important way that babies communicate their needs. As your baby gets older, she will get better at letting you know what she needs. As you get better at understanding and responding to what your baby needs, she will cry less.

By crying, your baby may be telling you...

I need something to be different

I would like some quiet time

I need my diaper changed

I need to be close to you

I am too hot or too cold

I need to be burped

I might be sick

I am hungry

I am afraid

I am tired



Steps to Calm Your Crying Baby

Babies use crying as a way to communicate many different things. They use crying to tell you that they need your help. When your baby is crying:

1 Try to Figure Out the Reason for Crying

For example, is she:

- In need of a diaper change?
- Hungry?
- Tired?
- Overwhelmed?
- Too hot or too cold?
- Uncomfortable?

There may be times when you've checked everything and your baby still cries. When this happens:

2 Hold Your Baby Close to You

3 Repeat the Same Action Over and Over

You might try one of the following:

- Speaking or singing softly
- Gently rocking, swaying or bouncing your baby
- Gently massaging her back, arms, and legs

Calming your baby takes time. Sticking with the same action for several minutes before trying something different can be the secret to success. Be patient. If your baby continues to cry or becomes more upset, try one of the other suggestions listed above.



Tips for Coping with Your Crying Baby

It may take a while for your baby to calm down when she is crying. This can be very frustrating for parents.

- Ask a friend or family member to give you a break by helping with your baby.
- If you start to feel angry or overwhelmed, lay your baby down in a safe place for a few minutes and take a break.
- Remember, babies cry less and less as they get older.
- Contact WIC or your doctor if you think your baby is crying too much.



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