



# Caring for Your Baby

## Crying

### *When my baby cries, what can I do to soothe and calm my baby?*

- Try to understand why your baby is crying so you can try to help.
- Respond to your baby's cry by picking your baby up and comforting baby. It is important to meet your baby's need and show your baby that he/she can trust you.
- Possible reasons for crying baby:

#### *Hunger*

- If baby is putting hands in their mouth and showing feeding cues, try feeding your baby.

#### *Pain or Discomfort*

- Pick up baby and comfort baby.
- If baby was just fed, try burping or rub baby's back.
- Check baby's diaper and change their diaper if it is wet/soiled.

#### *Too Hot or Too Cold*

- Babies should be dressed with as many layers as you plus one more layer.
- Check that the room temperature is not too cold or hot.
- Your baby should not be cool to the touch.

#### *Tired or Over Stimulated*

- Try holding baby by laying them across your arm on his/her chest. Tuck baby's knees up and put your baby's ear near your chest so they can listen to your strong heartbeat. Pat baby's bottom lightly or rub baby's back. Use a gentle swaying motion if necessary.

#### *Needs Change*

- Cuddle with your baby and sing/speak softly, say "ssshhh" by his/her ear.
- Go into a different room so baby can look at different things or other people.
- Read, play, talk, sing, hold your baby every day.

#### *Sometimes baby's cry "just because"*

- Use motions – rhythmic rocking, swaying, gentle movements, taking your baby for a walk in the stroller, or going for a car ride.
- Change the baby's position – carrying over your arm, in a sling, or in an infant carrier.
- Play different types of music for your baby and read to your baby right from birth. They enjoy looking and listening to you and respond to voices, sounds, and the rhythm of the music or story.
- Bathe your baby or take your baby in the bath with you.

**IMPORTANT:** Do not shake or throw your baby at anytime as this could cause Shaken Baby Syndrome.



Call your health care provider of Telehealth at 1.800.797.0000 if you your baby's cry sounds different to you or you are unable to soothe him/her after trying everything.