

## You are not alone

Many caregivers and parents become frustrated and angry when caring for a crying baby. You may be tired, feel alone, or feel like your efforts are not good enough. Many people feel this way.

If you feel like you are getting angry and might lose control, it is important for you to take a break. You may want to call a family member or friend for support.

## Who can help?

- Family and friends
- Your Public Health Nurse or Community Health Representative (CHR)
- Your child's doctor
- Your local hospital, health clinic, or other community support contacts

If the crying is constant or louder than usual, or the baby has a fever or is vomiting, go to a hospital or health clinic.

## It's okay to ask for help

Write down the names and numbers of people you can call.

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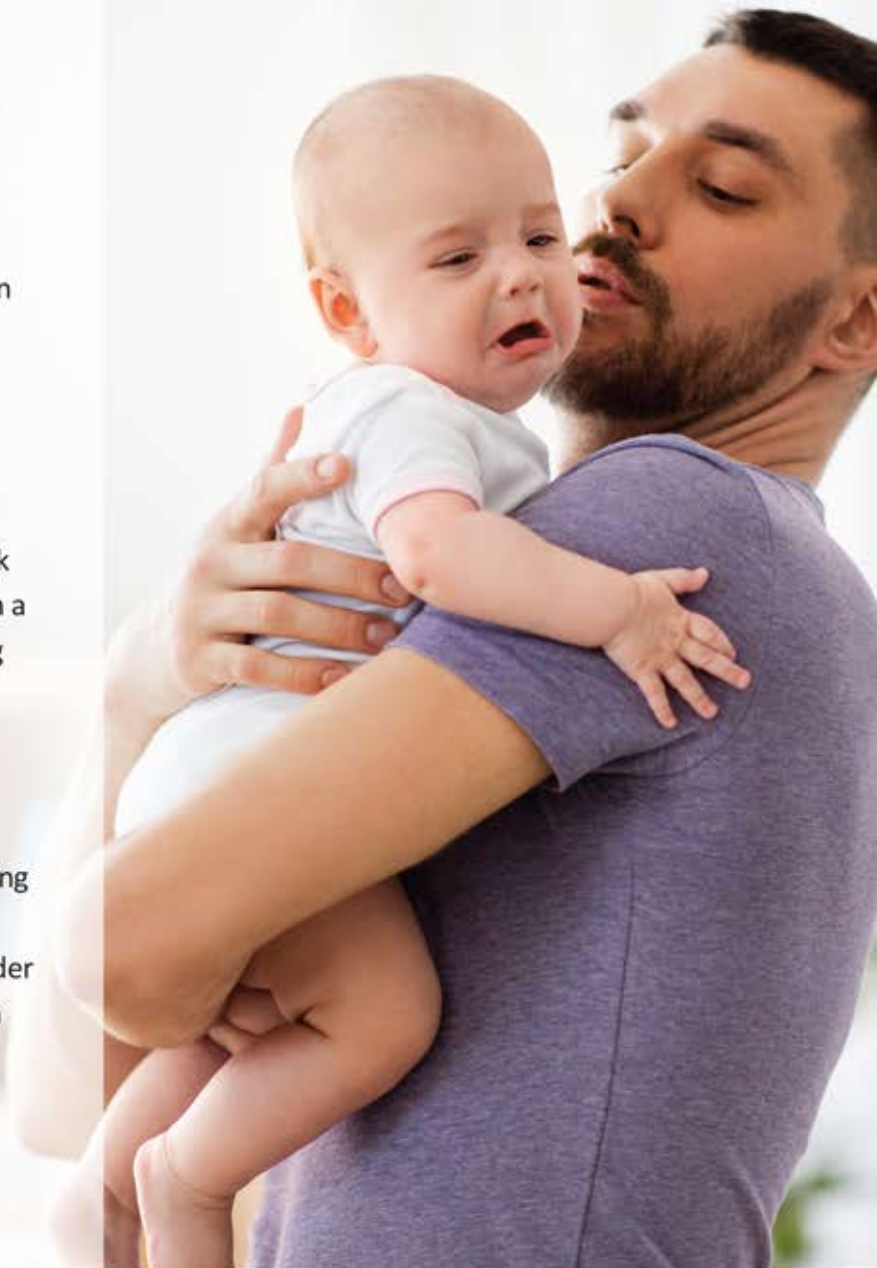
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## Never shake, hit, or throw a baby

Shaking, hitting, or throwing a baby in a moment of frustration can cause serious, long-term health consequences like blindness, brain damage, or death.

Because babies have weak neck muscles and heavy heads, even a few seconds of forceful shaking can cause serious damage to babies and small children.

Although it is unlikely that injuries would occur from playing with an infant, parents and caregivers should always consider how easily an infant's brain can be hurt. Always support an infant's head and neck.



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WHEN  
your baby  
**CAN'T STOP  
CRYING**

## Why do babies cry?

Sometimes it is easy to figure out why a baby is crying. Sometimes it is not. Crying is normal and some babies cry more than others. Infant crying usually peaks at 2 to 3 months of age and declines by 5 months of age. Most often, babies cry because they are hungry, overtired, need a diaper change, or want to be comforted. Sometimes babies cry because they just need to release some tension of their own.

## Crying does not mean that your baby is being bad or that your baby does not like you.

Crying is an annoying sound. It is supposed to be. If it was a pleasant sound, crying would be easy to ignore and a baby's needs might not be met.

Crying may mean that your baby is not feeling well. If you are worried, take your baby to a doctor.

## What can you do?

There is no magic answer that will calm your baby every time. You may have to try several things before you find out what works best for you and your baby. Stay calm and try some of these ideas. The more relaxed you remain, the easier it will be to calm your baby.

### *Feed your baby*

- Feed your baby slowly
- Take time to burp your baby often during feeding

### *Check your baby's diaper*

- Keep your baby clean and dry

### *Comfort your baby*

- Snuggle your baby close to your chest
- Massage your baby's back
- Wrap or swaddle your baby in a soft blanket
- Give your baby a warm bath
- Play music, sing, or hum a lullaby to your baby

### *Provide gentle motions*

- Gently rock your baby
- Take your baby for a walk in a stroller, carrier, or sling
- Take your baby for a car ride and be sure your baby is safely secured in an infant car seat

## What can you do if you feel upset?

Your baby's crying can be hard to handle, especially if you are tired. It is important to step away from your baby if you are getting frustrated. If feeding, changing, walking, rocking, talking, and singing have not worked, a baby may be gently placed in a safe place, such as his crib, and allowed to cry alone for a few minutes.

A parent or caregiver may choose to leave the baby's room before emotions get out of control. It is important to be sure your baby will be safe while you are gone.

An alarm should be set for no more than 10 to 15 minutes. Check on your baby again, but do not pick up your baby until you are calm. Try some of these ideas to help calm down.

- Take a shower
- Exercise
- Count to 100
- Squeeze something soft such as a pillow
- Read, do a crossword puzzle, play solitaire, or any other activity
- Write down the five best things about yourself and your baby
- Call someone you trust and who can help

