

# Help! My Baby Won't Stop Crying!



## All babies cry for many reasons!

It is normal for crying to increase at about 2 weeks of age. The crying will gradually peak around 2 months and then start to decrease around 3 - 4 months. During this time **ALL babies have times when they are unable to stop crying no matter what you do to try and soothe them.**

**Crying (you or them) does not mean you are a bad parent!**



## 3 Reasons Your Baby Might Be Crying

### They're Hungry

**Newborns need to eat every 1-2 hours** in the first few days after birth and every **2-4 hours in the weeks and months thereafter!** Babies who are breastfed tend to feed more frequently as breast milk is easily digested and moves quickly through their system.

### They're Uncomfortable

Whether they have a dirty diaper, scratchy tag, clothes that are too tight, illness, or some sort of injury (common after assisted births), **your baby will cry to let you know something is bothering them.** Sometimes babies simply need to release tension and also do so by crying.

### They need soothing

Newborns spend 9 months or more in a warm, snug environment being rocked gently by your movements and soothed by the sound of your voice. Sometimes, all they need is to feel the comfort of your closeness now that they're out in the cold, loud world.



## IMPORTANT!

**Never shake a baby for any reason! Shaking, even for a few seconds can cause serious and irreparable damage such as blindness, the inability to walk, learning problems, or death. Take a break, don't shake! If you begin to feel frustrated, take a 15-minute break while the baby is in a safe place.**

## How Can You Soothe Your Baby?

### Make Baby Comfortable

- Skin to skin! Your heartbeat, smell, and warmth of your skin may comfort the baby.
- Check baby's diaper. Keep baby clean and dry.
- Offer the breast if you are breastfeeding, or a bottle if you are bottle feeding.
- Offer a soother or teething ring if you use them.
- Give your baby a gentle back/tummy rub.

### Gentle Motion

- Walk or rock your baby
- Use a baby swing
- Wear your baby in a sling or carrier
- Take them for a ride in the car

### Relaxing/soothing sounds

- Hum or sing a lullaby
- Turn on the vacuum cleaner, clothes dryer, or dishwasher
- Use a white noise machine or app on your phone

## Helpful Reminders



**Feed your baby slowly and burp often.** Gas in your baby's tummy can be painful! If you suspect your baby's crying is linked to feeding, talk to your doctor or public health nurse.



**It's more important to keep calm than it is to stop the crying!** Put your baby in a safe place like their crib, leave the room and shut the door. Take 15 minutes to relax before trying to soothe your baby again. Letting your baby cry for a few minutes is not harmful to them.



**Plan ahead.** Make a list of people you trust who can come over right away if the crying becomes too much to handle. Try to arrange regular breaks to give yourself a chance to rest.