

Babies are NOT supposed to cry

“ WE'RE ONLY AS NEEDY AS OUR UNMET NEEDS ”
- JOHN BOWLBY

THE MYTHS



Crying helps exercise the child's lungs.

The child is crying to manipulate the caregiver.



Picking up crying babies will spoil them.



What they don't tell you about crying

Crying is a sign that there is something distressing them. Children are easily susceptible to stress and crying is their way of calling out for help.

When children stop prolonged crying, it is because they are exhausted.

Prolonged crying affects the child's brains and leave lasting impacts for later life.

Why you should avoid prolonged crying

Their brains will become flooded with potentially neurotoxic stress hormones (eg. Cortisol).

Regular experiences of crying could lead to permanent oversensitivity and over-activity in the stress response system of the brain.

In humans, sadness leads to reduced levels of brain opioids, which promote feelings of wellbeing.

Effects of Oversensitive Response System

1. Predisposition for anxiety and clinical depression
2. Poor mental and physical health
3. Increased use of alcohol for stress relief
4. Propensity for violence
5. Compromised social abilities
6. Anxious self-preservation
7. Accelerated aging and mortality

How to provide comfort to prevent or ease crying

Touch & massage



Sucking



Warmth



Low sound



Suckling on breasts



Provide novelty to avoid boredom



Movement & rocking



Avoid overstimulation



Keep baby in arms



NEED MORE RESOURCES? WE'VE GOT YOU COVERED!

ARTICLES

Infant caregiving: How to be responsive

<http://bit.ly/responsivecare>

Ten Reasons to Respond to a Crying Child

<http://bit.ly/reasonsforrespond>

Crying and Comforting

<http://bit.ly/cryingcomforting>

ALL PARENT FRIENDLY BOOKS:

The Science of Parenting

<http://bit.ly/scienceofparenting>

Brain Based Parenting

http://bit.ly/bb_parenting

BLOGS & VIDEOS

Developmental Science: Soothing

<http://bit.ly/devscisoothing>

How to respond when a baby cries

<http://bit.ly/respondtocries>

"The Hold"

<http://bit.ly/thebabyhold>

ACADEMIC BOOKS:

Evolution, Early Experience and Human Development

http://bit.ly/ddm_eechd

Neurobiology and the Development of Human Morality

http://bit.ly/ddm_ndhm

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