

Remember... Babies need to suck

The need to suck is strong in babies. Sucking is comforting to babies and helps them to relax. Let your baby suck on their own fingers, your clean finger or a pacifier. For safety, check the pacifier every day and throw out if damaged. Never tie around baby's neck.

Babies need to be held

Studies show that holding your baby may reduce crying – carrying skin to skin will help calm your baby. Babies need to be held often; it will not spoil your baby.

Take care of yourself

Eat well and take a nap when your baby naps. Call a friend, go for a walk or learn about places that offer support and help by calling the Region of Peel – Public Health or visiting our website.

Listening to a baby cry for long periods of time can be very frustrating for parents. Give yourself a break – ask a family member or friend who you trust to look after your baby.



Help for parents is available

If you have any concerns about your baby's crying, talk with your doctor or a Public Health Nurse.

For support and more information, call Peel Public Health to speak with a Public Health Nurse

905-799-7700

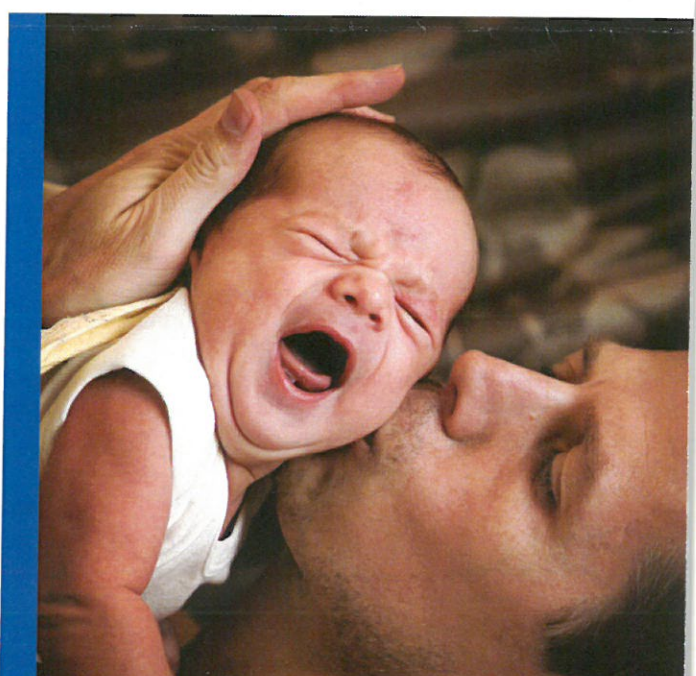
Caledon residents call toll free
905-584-2216

[Facebook.com/ParentingInPeel](https://www.facebook.com/ParentingInPeel)

ParentingInPeel.ca

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When Babies Cry



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Normal Crying...

- Babies have a regular fussy period which usually occurs in the late afternoon or evening.
- Infant fussiness usually starts at about 2 to 3 weeks, peaks at 6 to 8 weeks and lessens by 3 to 4 months.
- Babies may want to feed several times in a row within a 3 – 4 hour period. This is called cluster feeding.
- Babies go through several growth spurts during the first year. They are common around 3 weeks, 6 weeks, 3 months and 6 months of age. Babies feed more often at these times.
- Pick your baby up and comfort her when she cries. This teaches her you are there to meet her needs and does not spoil her. It helps her to feel safe and secure.

Crying is your baby's first language.

Crying is the only way a baby can express feelings like hunger, discomfort, tiredness and loneliness.

Watch for early signs that your baby is hungry: sucking and licking movements of the mouth, putting hands to the mouth, and making small sounds.

Crying is usually a late sign that your baby is hungry.

It is normal for you to be upset when your baby cries. Staying calm may help your baby from becoming more distressed. If you feel like you might lose control, place your baby in a safe place and leave your baby for a few minutes.

If you feel that your baby's irritability is not normal, see your doctor.

Never shake your baby! Shaking can damage your baby's brain and may cause death. No child at any age should be shaken.



You can...	You baby may cry because she...
Breastfeed your baby. Try different positions, rocking gently or walking. Burp and check/change your baby's diaper.	Needs food or needs to be comforted
Hold your baby, massage her, hold her skin to skin against your chest.	Needs to be held
Reduce noise and dim the lights.	Needs a calm and quiet place
Play music, sing to her, try some 'white noise' (fan, vacuum cleaner, dishwasher, etc.)	Needs comforting sounds
Rock your baby gently, take her out for a walk in a stroller, go for a car ride, give her a bath, encourage your partner to have some baby time.	Needs movement or a change of pace
Dress your baby as warmly as you are. Your baby's chest, tummy and back should feel warm, and not sweaty or cool.	Needs to be warm – not too hot or too cold
See or call your doctor for advice if you are concerned.	May be ill

