Tips to help you cope with crying:

1. Stay calm and be patient - it could take several minutes for your baby to settle down.
2. Use your baby's cues to try to identify what your baby is telling you.

3. Hold your baby close to your body.
4. Speak softly or sing over and over.
5. Rock, sway or bounce your baby gently over and over.
6. Massage your baby's back, arms, and legs gently.
7. If you start to feel angry or overwhelmed, put the baby down in a safe place for a few minutes and take a break.

Never Shake a Baby!

8. Ask a friend or family member for help.
9. Contact WIC or your doctor if you think your baby is crying too much.

Adapted from the California WIC Program.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).
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WIC
Washington State WIC Nutrition Program

Washington State Department of Health

DOH 960-316 January 2011

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Why Do Babies Cry?

It can be very upsetting when babies cry.

Crying is normal, but there are things you can do to reduce it.

Not-So-Fun Facts About Crying

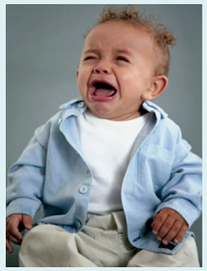
All babies cry.

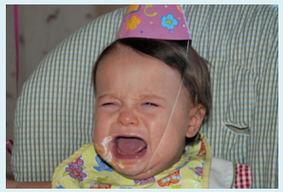
Crying is upsetting for a reason – to make caregivers want to help.

Babies cry for many reasons, not just because they are hungry.

When you try to help, it may take awhile for them to calm down. Babies need some time to respond.

The average 6-week-old baby cries for about two hours per day.





Babies cry less and less as they get older.

Babies Cry for Many Reasons

Sometimes it is easy to know what your baby needs (like a diaper change!). Other times it seems like babies cry for no reason at all.

Watch for these cues to learn why your baby is crying...

If your baby is hungry, he might:

- Make sucking noises
- Pucker his lips
- Keep his hands near his mouth

If your baby needs a break from what's going on around her, she might:

- Turn or push away
- Stretch out her fingers
- Have tense muscles in her face and body

Many times babies show cues before they start crying. Watching for these cues and helping your baby be more comfortable is a good way to reduce crying.

Washington State Department of Health

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Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title:	**Why Do Babies Cry?** (brochure)
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Ink color:	4-color process
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