

# Coping With a Crying Baby



*Taking care of a crying baby can be frustrating and irritating but remember, crying is the only way a baby has to communicate. The baby is not trying to make your life miserable; he or she is just trying to inform you of a need. When a baby in your care won't stop crying, try some of the following coping strategies:*

- ✓ Meet the baby's basic needs: feed, change, make comfortable, etc.
- ✓ Check for signs of illness, like fever or swollen gums. If signs of illness are present call your doctor or give care based on the symptoms.
- ✓ Rock, walk or dance with the baby.
- ✓ Take the baby for a ride in a stroller, or in a car seat in the car.
- ✓ Put the baby in a wind-up swing.
- ✓ Swaddle the baby snugly in a soft, warm blanket. This will help the baby feel warm and secure.
- ✓ Check to make sure that clothing is not too tight, or that fingers or toes are not bent.
- ✓ If you are frustrated and need a break, put the baby in a playpen or crib, go to another part of the house and do something to calm down.
- ✓ Turn up the music on the stereo, run the vacuum, turn on the dryer, or let water run in the tub for a few minutes; babies enjoy consistent, rhythmic noise.
- ✓ Sing or quietly talk to the baby.
- ✓ Offer the baby a noisy toy; shake or rattle it.
- ✓ Put the baby in a soft front carrier close to your body and breathe slowly and calmly; the baby may feel your calmness and become quiet.
- ✓ Give the baby a pacifier.
- ✓ Lay the baby tummy down across your lap and gently rub or pat his or her back.
- ✓ Try giving the baby a bath; the warm water might be calming.
- ✓ Massage the baby's body and limbs gently or tickle soft circles on their face.
- ✓ Call a friend or relative you trust to take over for a while, then get away, get some rest and take care of yourself.

**Sometimes babies can't be comforted. If nothing works, remember it is okay to put the baby on his or her back in bed, close the door and turn up the TV or radio. Check the baby every 10-15 minutes.**

***Remember Never, Never Shake a Baby!***

[health4mom.org/safe-baby-soothing/](http://health4mom.org/safe-baby-soothing/)

Free support available from the Fussy Baby Network warmline: **888-431-BABY (2229)**

No judgment. Just help.