

Why Does My Baby Cry??

- A baby's cries are his/her first way of communicating with you!
- Crying can mean his belly is empty, his bottom is wet, his feet are cold, he's tired, he needs to be held and cuddled. Soon you will be able to recognize which need your baby is expressing and respond accordingly. In fact, sometimes what a baby needs can be identified by his cry - for example, the "I'm hungry" cry may be short and low-pitched, while "I'm upset" may sound choppy.
- Your baby may also cry when he is overwhelmed by all of the sights and sounds of the world-your baby may cry to shut everything else out!
- Sometimes your baby may cry for no apparent reason at all-try not to get too upset if you can't console your baby....try

Rocking your baby back and forth
Walking around the room with your baby
Playing soft music
Going for a ride in the car
Running the vacuum

Call someone to come help you if you feel yourself getting too stressed-a crying baby can be very overwhelming—that's normal! Put the baby down in a safe place and take a break. It won't hurt your baby to let him cry until you can cool off! Never shake your baby. It is easy to hurt a baby badly by shaking him.

Here are some other reasons for prolonged crying:

- The baby is ill. A baby who cries more when being held or rocked may be sick. Call your doctor.
- The baby has an eye irritation. A scratched cornea or "foreign body" in a baby's eye can cause redness and tearing. Call your doctor.
- The baby is in pain. An open diaper pin or other object could be hurting the baby's skin. Take a close look everywhere.

Remember that you can't spoil a baby by holding him/her too much—holding your baby tells the baby that s/he is very important to you!

Other important facts about how your baby communicates

- Your baby recognizes your voice and can be comforted by the sound of your voice.
- Touching, soothing, holding, singing and making facial gestures is how you communicate with you baby-these things will help the baby learn to talk-even when you "baby talk!"
- It is never too early to start reading to your baby! Babies are comforted and soothed by the rhythm of your voice.

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