

BABY BYTES

For families with infants and young children

Crying

One thing you can always count on as the parent of an infant is occasional crying and fussiness. This issue of Baby Bytes has helpful tips and ideas to aid you in reading your baby's cues and soothing those teary eyes.



DID YOU KNOW???

- Crying is your baby's way of communicating their wants and needs, until they are able to use gestures and words.
- When you respond quickly, consistently and lovingly to your baby's cries, you are setting the foundation for secure and healthy development.
- The pattern of crying among infants has proved to be universal. On average, an infant cries as many as three hours a day. For most babies crying tends to peak at six weeks of age and then taper off. As baby adjusts to their world they learn to communicate in other ways.
- All babies go through times where their crying is excessive, unexpected and inconsolable, but those who experience this a lot (about 10 to 20%) are sometimes called "colicky" infants.
- Studies show that the more parents attend to their baby's crying during the first three months, the less the baby cries at the end of the first year.

Source: Centre of Excellence for Early Childhood Development



TOP TEN REASONS I MAY BE CRYING

1. Pain
2. Thirst
3. Colic - a physiological cry
4. Hunger - most common cause of crying
5. Boredom/tiredness/uncomfortable
6. Temperature - too hot or too cold
7. Temperament - an inborn fussiness
8. Need to suck - comforts and soothes
9. Tension/over-stimulation - the need to let off steam
10. Need to be held - builds trust and infant-parent bonding



No method for calming a crying baby is completely fool-proof, or will work for every baby. After hours of crying and pacing the floor, anything is worth a try!!!

Stay calm and try some of these ideas:

- Pick your baby up when they cry. Responding to your baby's needs is the right thing to do, even if the crying does not stop.
- Snuggle your baby close to your chest in your arms, a carrier or sling. Your warmth and heartbeat may comfort the baby.
- Feed your baby slowly and burp them often. Gas in the baby's tummy can be painful.
- Check diaper, it may be time for a change.
- Provide gentle motion: walk or rock the baby in your arms, take them for a ride in the stroller or the car.
- Change baby's position.
- Go to another room or outside. Some babies can feel bored or stressed by their surroundings. A change in environment may help you both.
- Wrap the baby in a blanket. Keep baby warm and comfortable, but not too hot.
- Provide soft music or other relaxing sounds: humming or singing, the sound of the vacuum cleaner, clothes dryer, or dishwasher.
- Try a soothing massage before nap time.

Best of all ... find someone to give you a break. Well rested parents make for well rested babies!!!

Source: Simcoe Muskoka District Health Unit

