



Why Do Babies Cry?

Crying is normal newborn behaviour. Babies cry as a way to communicate their needs. Remember responding to your baby's needs will not spoil them. It is important that you respond in comforting ways most of the time, recognizing that you may not be able to comfort them at all times

There are many reasons why babies cry.

- Hunger
- Pain or discomfort
- Sick or hurt
- Too hot or too cold
- Tired or overstimulated
- Need a change
- Want to be held
- No reason - unknown

There are many way to calm and soothe your baby.

- Feed your baby if hungry. Try burping your baby
- Change diaper if they are wet or poopy
- Hold your baby skin-to-skin
- Cuddle your baby or gently rub and massage them
- Add or remove a layer of clothing if they are too cold or too hot. Babies should be dressed as warmly as you are
- Use motions such as walking with baby, rocking, using a swing, or taking for a car ride. Try changing their position
- Talk, sing or read to your baby. Play soothing music
- Turn down the lights and quiet the room

Sometimes a baby will cry for no reason at all.

They may cry a lot or have a fussy period of 3 to 6 hours, usually in the evening or at night. Crying episodes can peak during the first few months of life. In the past, when a baby cried long and hard for no reason, the baby was said to have colic. However, this is actually not a condition. Crying long and hard for no reason is normal newborn behaviour and it won't last forever.

Crying episodes can be frustrating.

Never shake or hit your baby. If you feel unable to cope or are afraid that you may hurt your baby, place your baby in a safe place (crib, cradle or bassinet). Then call someone, such as a family member or friend, for help.

Shaking your baby can cause serious injury to your baby's neck and can cause brain damage, seizures, and even death. Crying is the main reason caregivers harm a baby. Only leave your baby with caregivers you trust and who can control their emotions.

Community Services

For support and information:

- Your health care provider
- Health Connection, Simcoe Muskoka District Health Unit 1-877-721-7520
- Telehealth 1-866-797-0000
- Caring for Kids www.caringforkids.cps.ca