

When Baby Cries

Why do babies cry?

Crying always means the baby needs or wants something. Babies do not cry just to be bold or to give you trouble.



Your baby may be crying because he is:

Lonely
Hungry
Windy

Too hot or cold
Frightened
Sleepy or overtired

What can you do when your baby is crying?

There are many things you can do. Try one idea for 10-15 minutes rather than doing them all at once. Different things may help at different times. Fathers and other people can also help to calm the baby.

Put her to your **breast** for food or the comfort of sucking.

Carry her and cuddle her using a firm hold, a baby sling may help.

Change her **nappy** and check for any tight clothing.

Talk or **sing** to her or listen to music together.

Wrap the baby firmly in a light blanket and rock her in your arms or the pram in a quiet, dark place.

Go for a **car** ride (using a safety seat).

Massage your baby gently with unscented oil.

Put your baby in the pram or baby sling and go for a **walk**.

Lay your baby on your lap and **rub her back** gently.

Give her a clean finger to **suck** while you hold her.



If you feel you can't cope, ask someone else to care for the baby or put the baby in a safe place (such as her cot) and go into another room. Take some deep breaths, have a cup of tea and rest for a few minutes. Talk to your public health nurse or doctor about how you feel.

If you think the crying is associated with how you are feeding the baby – either to do with your milk or the way the baby takes the milk, talk to your nurse, lactation consultant or voluntary breastfeeding support person.

If your baby has a high temperature, a high-pitched cry, blood in the nappy, is vomiting, seems ill or is crying all the time, contact your doctor.