

# Crying

C

**CONSIDER** why your child is crying. What are they trying to tell you? How can you meet the need they have and comfort them?

R

**RESPOND** immediately **REMEMBER** you cannot spoil a child under one year of age. The research shows that babies who have their needs met when crying in the first 6 months of their lives will cry less in the second six months. They can cry because they are hungry, bored, thirsty, cold, hot, need to be picked up or in pain.

Y

**YOU** need to check your own emotions with an upset crying baby or child. Children can sense your feelings and sometimes will cry more. If you are upset with a baby's crying, put the child in a safe quiet place for a 5 minute break and you take a breather and calm down.

I

**INVESTIGATE** various ways that other parents and caregivers have found to help babies and young children calm down. Some of these are:

- Picking up and holding
- Take a ride in a stroller or front/back carrier
- Sit in a rocking chair and rock
- Sit the baby near a repetitive noise such as shower, dish washer, fish tank or fan
- Check clothing for loose strings caught on fingers or around toes
- Slow dance around the room holding or child
- Snuggle or wrap the baby in blanket
- Play soft music
- Lower the lights
- Sing
- Try a pacifier
- Check and see if diaper needs changing

N

**NEVER** shake a crying baby or a child! Shaking can kill them or cause brain damage.

G

**GROWING** children have individual needs. Some children cry a lot and need to be calmed. Others do not need this as much. Certain children have a fussy time of the day every day. Get support and help to get through these hard times. Both boys and girls cry. It is not a sign of weakness or a character flaw. It is a stress response that all human beings have. Telling boys (or girls) not to cry does not help them to grow into mentally healthy adults.

## ADULT RESOURCES:

- *The 3am Handbook* by William Feldman MD
- *The Baby Book* by Dr William Sears
- *Touchpoint* by T.B. Brazelton