



COPING WITH CRYING

CRYING...IT'S WHAT BABIES DO! SOME DO IT TOO WELL!

It is normal for babies to cry - sometimes for 3 or more hours a day.

Babies usually cry more often in the evening.

Crying may come and go for no reason.

Crying is not a health problem, unless someone gets angry at the child and hurts him/her.

Crying slows down after 3 or 4 months in most children.

Things to check:

- Is your baby hungry?
- Is your baby in pain?
- Does your baby need a diaper change?
- Does your baby want to be held?
- Is your baby sick?

If none of that seems to be the problem:

- Relax - your baby will be okay.
- Have someone else watch your baby for a while if it is bothering you too much.
- Put your baby down in a safe place and go to the next room. Check on your baby every 10 minutes to see if there is anything you can do; but if not, your baby will be okay.
- Exercise.
- Listen to music.
- Call a friend, relative or 2-1-1.
- Call your doctor if you have questions.

DON'T GIVE UP IT GETS BETTER!

Crying lasts for hours, shaking lasts for a lifetime. Stay calm, get help.

Call 2-1-1 for more information.

