

How to Stay Calm When Your Baby Cries

All babies cry. Crying is how your baby tells you they need something. Some babies cry more than others.

Over time, it will get easier to understand your baby's cries and how they prefer to be soothed. Sometimes, your baby will keep crying no matter what you try. This may make you feel overwhelmed, sad, upset, or like you are not doing well as a parent.

Many parents have these feelings — you are not alone!

Things to remember:

- A crying baby is not a bad baby. A baby cries because they are trying to tell you something.
- Most babies start crying at birth. Crying time usually increases at about 2 months of age.
- Most babies cry less often and for less time when they are between 3 to 5 months of age.
- Make a plan for when your baby cries. This will help you remember what to do.

Take a break — do not shake.

Try to stay calm when your baby cries:

For example:

- Count to 100 slowly.
- Take 10 deep breaths.
- Write down 5 positive things about your life.
- Talk to someone: reach out for support, call someone, and tell them your feelings.
- Listen to music you enjoy.
- Practice a hobby.
- Tell yourself positive things, such as:
 - › I am strong. I can do this!
 - › I love my baby.
 - › I am a good parent.
 - › My baby is OK.

Try different ways to soothe your baby:

- Change their diaper.
- Take them for a walk.
- Feed them or offer sucking for comfort.
- Feed them slowly by stopping to burp them several times while feeding.
- Burp them.
- Play soothing music at a safe volume.

- Run a vacuum (white noise).
- Massage their tummy and/or back.
- Hold them skin to skin (against your chest, wearing only a diaper).
- Hold them close and give them cuddles.
- Turn down the lights and make sure their space is quiet.
- Read, sing, or talk softly and calmly to them.
- Give them a warm bath.

If you are upset, it is OK to place your baby in their safe sleep place (like a crib) and walk away for a short time (5 to 10 minutes). Once you are calm, it is easier to help your baby calm down too.

Ways to calm myself:

Place your baby in their safe sleep space, then go somewhere by yourself and:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Ways I can soothe my baby:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

You know your baby best. **If you think your baby is sick, make an appointment with your primary health care provider or call 811.**

Never shake a baby!

Babies have weak necks and heavy heads. Even a few seconds of shaking can cause serious injury like blindness, not being able to walk, brain damage, or death.

People to call if I need a break:

1. _____
2. _____
3. _____
4. _____

You can call 811 to talk to a nurse 24 hours a day, 7 days a week.