**Babies Cry for a Number of Reasons**

Babies cry the most from ages 6 to 10 weeks. They may be tired, hungry, hot or cold, or in need of a diaper change. Don’t take your baby’s crying to heart. Babies love the people who care for them.

**To help soothe your baby, try to create a warm and cozy environment.**

- Calmly hold your baby close to your shoulder or chest.
- Swaddle your baby in a blanket.
- Quietly sing, talk, or play soft music.
- Gently rock your baby or go for a quiet walk.

It’s impossible to spoil a crying baby by comforting them. Many babies are able to quiet themselves just by knowing that someone will calm them.

**Crying babies upset parents.**

It’s normal to get upset when your baby cries, but try to stay calm. Your baby can tell when you are upset or tense.

After trying all the things that usually calm your baby, it’s okay to put your baby down and let him cry.

- Place your baby on his back in a crib or bassinet and give yourself time to calm down.
- Do something that you find soothing, like having a cup of tea, listening to music, or calling a friend or family member.
- Know that these feelings of stress are natural and will pass.

Reach out for help if your baby’s crying is getting to be too much. Talk with a friend or relative, or call your pediatrician.

**Never yell at, hit, or shake your baby.**

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**Have a Crying Plan.**

It is never okay to shake a baby. Shaking a baby can cause serious, lasting injuries and death. If you are upset, put your baby in a safe place like a crib or a bassinet and let him cry. It’s okay to call someone for help.

Keep a list of trusted people you can call if you need help. Talk to anyone who is going to watch your baby about your crying plan. Make sure they know never to shake the baby. Tell them to call others on your list if they need help.

**People to call for help when my baby cries:**

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Sources: American Academy of Pediatrics, www.cryingplan.com

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention