

# My child is crying!!!

## What to do to calm him/her?

***Crying is a normal, daily event in the lives of all babies and is their only way to communicate when they need something. But even though crying is natural, it is stressful and upsetting for many parents especially the new ones.***

***Dealing with a crying infant is most upsetting when you can't understand what your baby needs or can't make the crying stop. However, with observation, patience, and the experience of trying different things, you can learn a lot about what your baby is saying with his/her cries.***

Calming a crying baby can be easier said than done. Soothing your baby is every so often a "try-out and blunder" process. Check the following and see what is best for your baby...

### Check list

- Check if your child is hungry: Many babies are crying of hunger. Try to feed your baby, if your baby is rejecting the food then it's screaming for another reason. Don't use food as a first solution to a crying crisis, especially if your baby has eaten recently. More food may add to the problem.
- Check for diaper dryness: wet diapers are very irritating for the baby; dry diapers and the right brand are very important for your baby. Remember that different brands can have different results on different babies. You should consider changing brand if the diapers are irritating your child's skin or if they are making your child uncomfortable
- Make your presence known to your child and talk to your baby: Even if talking is not calming him/her, your baby will feel safer in



your presence. DON'T shout at your baby as this will make him/her more tense and may increase the crying

- Check his/her outfit: may be your baby is feeling hot or cold; check if he/she is overdressed in summer then remove cloth layer and dress him/her in cotton and aerating light colored cloth or underdressed in the winter then dress properly
- Check for any skin/diaper rash: give your baby a bath as this will remove sweat and cool the skin and apply skin rash cream to help soothe the skin
- Give him/her a massage: Baby massage will often calm the baby, sometimes it will even make him/her go to sleep
- Your child loves special songs: try to sing to your baby his/her favorite songs as singing might calm your baby. Play soft music or the recorder if you don't like to sing



- Take your child outside: a ride in the car (if available) or in the stroller work miracles as the combination of fresh air, outside sounds and rocking movements has a very calming effect and may help to stop his/her crying
- Try soft rocking your child: it can take several minutes before the baby stops crying
- Did you burp him/her?: maybe your child need burping as those extra gases are giving him/her discomfort
- Stomach gases: Lay your baby tummy down across your lap and rub his or her back, or sway the knees from side to side.
- Is your child feverish? Check out his/her temperature and call the pediatrician before giving him/her any medicine. One of the biggest mistakes is to give your child a medicine from your drug counter or one advised by a relative or neighbor. You can try bathing your child and applying cold pads on his/her forehead as these if not beneficial for child it won't harm him/her either.

- Is your child comfortable with his/her position: Move your baby to a new position
- Does the pacifier do the job? Let your baby suck on the pacifier if it does the trick; some infants feel safer when they have their pacifiers with them.

### Tips for the mom if nothing seems to work:

- Place the baby on its back in a safe place like a crib or playpen and let your baby cry alone for a few minutes

- Try to stay calm. This isn't easy! Never shake your baby! This can damage your baby's brain.

- If your frustration is high and you are upset, or feel you may lose control, leave the room and call or contact another adult to watch your child while you calm down. All parents need help and support sometimes. Caring for children can be very stressful.

- Call your family doctor or pediatrician; there may be a medical reason why your child is

crying.

