

# ALL BABIES CRY

- At **2** weeks of age, some babies may cry more.
- At **2** months, some babies cry more than at any other time.
- After **2** months, most babies begin to cry less each week.



**BABIES CAN STILL BE HEALTHY AND NORMAL EVEN IF THEY CRY FOR SEVERAL HOURS A DAY.**

## Comforting Your Crying Baby

- Is your baby hungry, tired or need a diaper change
- Walk and sing to your baby
- A warm bath can be soothing
- A walk or car ride may be helpful
- Cuddle your baby close to you

## Plan of Action

When your baby is crying, try all you can to comfort the baby. You will be able to stop the crying sometimes, **but not always**.

Develop a support system you can call for help (such as pediatrician, nurse, friends, clergy, family, etc.)

**It's OK to WALK AWAY and CALL your support system**

Put your baby in a safe place, such as crib or playpen. Take a few minutes to calm yourself, then go back and check the baby.

**NEVER SHAKE YOUR BABY!**

What is so frustrating?

- Your baby cries more than you expected.
- Caring for your baby is harder than you thought.
- Your baby won't stop crying no matter what you try.
- You feel like you are a bad parent or that you are doing something wrong.
- You are tired and feel guilty that you can't take care of your baby.

Sometimes a parent gets so angry or frustrated because of the crying, they lose control and without thinking, shake the baby.

## Why is shaking a Baby so Dangerous?

Crying is the #1 reason parents shake and hurt babies.

Shaking a baby is very dangerous and can cause:

- Blindness
- Seizures
- Death
- Learning Disabilities
- Physical Disabilities

*I want to sleep on my back in my own crib, bassinet or pack-n-play.*

I don't feel safe sleeping in car seats, bouncy seats, portable swings or on nursing pillows because I could suffocate.

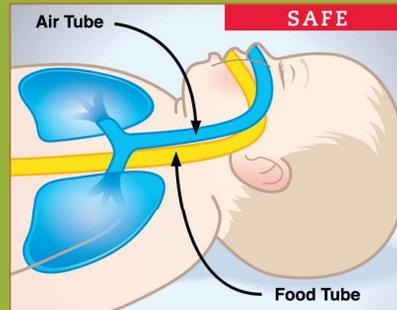
I'm not safe sleeping in bed with you. You could roll over on me while you're sleeping and I could suffocate.

I'm not safe sleeping on a couch. I could suffocate.

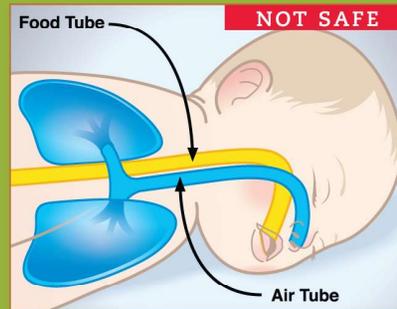
Don't let my crying change your mind about where I sleep. I'm depending on you to keep me safe and in my own crib.

*I won't choke when I'm sleeping on my back!*

As the picture below shows, when I'm on my back my air tube is on top of the tube to my stomach. When I spit up the liquid flows back into my stomach, not my lungs. So, I don't choke!



When I'm on my stomach and spit up, liquid can easily flow into my air tube and cause me to choke.



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**A A** **lone**  
On their  
**B B** **ack**  
in an empty  
**C C** **rib**  
on a safe  
firm mattress

**OF SAFE  
SLEEPING  
FOR  
INFANTS**

