

Your Baby

Why Babies Cry: Soothing Solutions

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(NAPSA)—Consistently, parents rank managing their baby's crying as one of their greatest stresses. Here are some common reasons babies cry and what you can do about them:

1. I'm hungry. Check first to see if she's hungry. Signs that babies want to eat include fussing, making noises and rooting around for the breast. Some babies will continue to cry even after you start feeding them but will stop when their stomachs are full.

2. Change my diaper. Some babies will let you know right away when they need to be changed; others don't mind when their diapers are soiled. Either way, this one is easy to remedy.

3. I'm too cold or hot. Newborns like to be bundled up and kept warm, usually requiring one more layer than you need to be comfortable. Some babies will cry when they are undressed for a diaper change. But be careful not to overdress your baby.

4. I want to be held. Babies need a lot of cuddling. They like to see their parents' faces, hear their voices, listen to their hearts and can even detect their unique smell (especially Mom's milk). After being fed, burped and changed, many babies simply want to be held and need the attention.

5. I can't take it anymore. Babies can easily become overstimulated and have a "melt-down." Babies can have trouble filtering out all the stimulation they receive—the lights, the noise, being passed from hand to hand. Crying is their way of say-



Babies cry for many different reasons. Some babies just need more attention than others.

ing, "I've had enough." When this happens, take the baby somewhere calm and quiet, let her vent for a while and see if you can get her to sleep.

6. I don't feel good. If you've just fed the baby and checked that she's comfortable, but she's still crying, check her temperature to make sure she isn't ill. The cry of a sick baby tends to be different from other cries.

7. None of the above. Sometimes babies develop periods of fussiness—that can range from a few minutes to full-blown colic—where they are not easily soothed. Try wrapping her up and holding her close, playing music, carrying her around, rubbing her tummy, or letting her suck on something. Crying can be very stressful. Be sure to take care of yourself.

More tips for new parents may be found at www.babycenter.com.