

### Babies Cry

Crying is normal and is an important way that babies tell you their needs. Crying doesn't always mean your baby is hungry.

When your baby is hungry she may:

- Keep her hands near her mouth
- Make sucking noises
- Search for the nipple
- Bend her arms and legs

When your baby is full she may:

- Suck slower or stop sucking
- Relax her hands and arms
- Turn away from the nipple
- Fall asleep



Babies cry for many reasons other than hunger. Try to figure out the reason for crying. Is she:

- Too hot or too cold?
- Upset by too much noise or lights that are too bright?
- Lonely or tired?
- Uncomfortable with a wet or dirty diaper or clothes too tight?

There may be times when you've fed your baby, checked everything, and she still cries. The easiest way to calm your crying baby is to hold her close to you and do the same thing **over and over**. You might try:

- Speaking, singing or humming softly
- Gently rocking, swaying or bouncing your baby
- Gently massaging her back, arms and legs



Stick with the same action for several minutes before trying something different. Some moms soothe their babies by carrying them in a sling. Be patient - calming your baby may take time.

Fussing and crying for a long time each day for no clear reason occurs in some newborns. Sometimes over-feeding or something in the mother's diet can cause fussiness.

If you have a very fussy baby:

- Offer only one breast at each feeding. This feeding will be a low-sugar, high-fat meal, which can cause less gas.
- Avoid giving your baby cow's milk formula and avoid milk products in your diet for a week to see if that helps.
- Do not wean. The use of infant formula usually makes fussiness worse.



## More Tips:

- Ask a friend or family member to give you a break by helping with your baby.
- Remember, babies cry less and less as they get older.
- Contact WIC or your doctor if you think your baby is crying too much.

