

**The Guiding Childhood Behavior Series
has pamphlets on the following topics:**

- biting
- crying
- discipline
- going to the store
- lying
- stealing
- teaching independence
- temper tantrums
- toilet training

**Contact the Kent County Health Department
if you would like to know more about these or
other childhood behavior topics.**

**Kent County Health Department
700 Fuller Avenue NE
Grand Rapids, Michigan 49503
(616) 336-3040**

Copies of this brochure are available on the Kent County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

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CRYING

Guiding Childhood Behavior Series



This pamphlet tells you:

- why your baby cries.
- ways to comfort your baby.
- about fussy crying.
- to never shake or hit your baby.

A Cry For Help

When your baby cries you may feel upset. You may feel like you are not doing a good job, or that your baby does not like you. It may help you to know that it is normal for your baby to cry. When your baby cries he is telling you that he needs your help.

- When your baby cries, check to see if he is lonely or bored. Maybe he just misses you! You can hold or rock him. You can offer him a pacifier. You can talk and sing to him, or you can play soft music for him.
- Check your baby to see if something is making him uncomfortable. Check his diaper, he may need it changed.
- If you think your baby is hungry, try to feed him. Give him breast milk or formula first. Water, juice, or a pacifier will not make your baby happy if he is hungry.
- If you think your baby is tired, wrap him snugly in a light blanket and put him in his crib for a nap.

Can You Spoil Your Baby?

You will not spoil your baby by holding him every time he cries. When you give your baby the care and comfort he asks for, he will feel happier and more secure. If his cries are answered right away, your baby will learn that he does not have to scream for your attention.



What Is Fussy Crying?

At about 2 weeks old, your baby may begin fussy crying. Your baby may start to cry about the same time every day, often in the evening. This is your baby's way to let off steam. Your baby will outgrow fussy crying as he learns new ways to get rid of tension. Your baby may be a little fussy or very fussy. The average baby cries 2 hours a day for the first 7 weeks of life. If you think your baby may be a fussy crier try to comfort him, but if doesn't help don't let it make you upset.



Never Shake A Baby

Never shake or hit your baby. Rough treatment can hurt your baby, cause brain damage, or kill your baby. Remember that crying is a normal part of being a baby. If you start to get frustrated or angry about your baby's crying:

- Put your baby in a safe place, like his crib, and leave him there while you calm down.
- Call a friend, count to ten slowly, but never shake your baby.
- Call the Parent Hotline, 24-hours a day, at **1(800) 942-HELP.**