



# ALL BABIES CRY.

Some babies are easy to comfort, others cry for hours every day no matter what you do. Listening to a baby cry is very hard on parents. You may wonder what's wrong, and feel that you should be able to solve the problem.

Your baby doesn't cry because he is spoiled, angry at you, or trying to control you. Babies love the people who take care of them.

## All babies cry sometimes, but you can help your baby cry less

Pick up your baby right away whenever he cries. You cannot spoil a baby. You can teach him to trust you. If you answer his calls for help right away, he'll cry less overall.

Carry your baby in a sling or cloth baby carrier. Babies who are carried many hours every day cry much less.

Some babies do better if they can eat and sleep at regular times every day.

Keep things calm and quiet for a baby who cries when he's tired. Try low lights, and just one adult with your baby.

If your baby cries for a long time every day, and cannot be comforted, check with his doctor or nurse about possible allergies, food intolerance, acid reflux, eczema, or other health conditions.

If your baby is less than six months old and has been eating solid food, try feeding only breast milk or formula until six months.

## Comforting your baby

All babies have an instinct to suck. Your baby may need to suck even when she isn't hungry. Try a pacifier, or wash your hands and let your baby suck on your finger, or help your baby find her fingers to suck on.

Babies need to be held. Just being close to you is very comforting for a baby.

A walk in a stroller may help.

Most babies under about four months old are more comfortable when they are firmly wrapped in a soft blanket, or swaddled. Try wrapping your baby with her arms at her sides. Then walk with her or rock her. If she still is unhappy, offer her a pacifier or help her find her fingers to suck on.

