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# Why is my baby crying?

- All babies cry. Crying is normal for babies and a natural way for them to “talk”.
- Babies cry the most between 2 weeks and 4 months of age, sometimes more often at night.
- It may be something as simple as hunger, temperature, too much noise, dirty diaper, sleepiness, gas, or your baby may be getting sick.
- Some babies cry more than others, even when there is nothing wrong.

## What can I do for my crying baby?

There are many ways to soothe your baby:

- Change their diaper.
- Let your baby eat or suck on your finger or on a pacifier.
- Undress and make sure nothing is pinching your baby or wrapped around finger, toe or penis.
- Swaddle your baby.
- Gently rock your baby in your arms.
- Go for a walk in the stroller.
- Go for a car ride.
- Give your baby a bath. The sound of running water can calm everybody.

What to do if you need a break, especially if you are getting upset or are now crying too:

- Call a friend, neighbor or family member.
- Put your baby in a safe place and take a moment away for yourself.
- Seek care or call your baby's doctor if they continue to cry.
- Babies have a very fragile brain and shaking your baby can cause blindness, brain damage, and death.



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Remember to **never** shake your baby, no matter how frustrated or tired you are.

Tell others caring for your baby these tips.