

Let's Talk About...

Why is my baby crying so much?

All babies go through a time when they cry a lot each day during their first few months of life. Some providers may call this “purple crying.” This is a normal part of your baby’s growth.

It may help you to remember that most parents cope with this kind of crying at some point. Keep yourself calm so you can take the best care of your baby.

Is my baby’s crying normal?

The following checklist can help you decide whether your baby’s crying phase is normal:

- My baby is between 2 weeks and 5 months old.
- My baby seems to start crying for no reason, especially in the late afternoon or evening.
- My baby cries for hours at a time and doesn’t stop when I comfort them.
- My baby looks as if they are in pain while crying, but I can’t find anything wrong.

How do I cope when my baby cries?

The most important things to remember during the crying phase are:

- It will eventually end.
- You can take breaks from comforting your baby when you need to.

First, make sure your baby is fed, has a clean diaper, and does not have signs of sickness, such as a fever or rash. If you have concerns about your baby’s health, always call your baby’s pediatrician.



Next, comfort your baby by:

- Swaddling (wrapping them firmly in a blanket)
- Rocking them gently
- Dimming the lights
- Using a white noise app on your phone or turning on a fan, vacuum, hair dryer, or clothes dryer
- Going for a walk or ride in the car

If you start to feel angry or upset:

- **STOP.** Put your baby down in a safe place like a crib, bassinet, or playpen.
- **TAKE A BREAK.** Do something to relax and calm down for 10 to 15 minutes.
- **TRY AGAIN.** Comfort your baby again when you feel calmer.

When you need help, call a relative or friend.

NEVER SHAKE A BABY. It can hurt your baby’s brain and cause permanent damage or death.

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