

## Crying

### What's Normal?

In the early months, your baby may cry for hours a day. This phase – sometimes called “the Period of PURPLE Crying” – starts when a baby is about 2 weeks old and can last until they are 3 to 4 months. Learn more at [dontshake.ca/](http://dontshake.ca/)

Your baby may cry when they are hungry, uncomfortable, sick, hurt or wanting to be held. Crying doesn't mean they are being bad, that they are mad at you or that you're doing something wrong.

### What You Can Do

You may have to try lots of things before you figure out what your baby needs. And often what works one day won't work the next. Try:

- changing their diaper
- feeding and burping them
- checking that they're warm but not hot
- snuggling them close to your chest
- playing soft music, humming or singing a lullaby
- running the vacuum cleaner, clothes dryer, fish tank aerator, dishwasher or a white noise machine
- offering a teething ring, favourite blanket or soft toy
- rocking them, walking with them or putting them in a baby swing
- taking them for a car ride or a walk in the stroller



### KEY TAKEAWAY

Sometimes there's nothing you can do to stop your baby from crying. The most important thing is to stay calm and take a break when you need it. And remember – this is a normal stage that will come to an end.

### Staying Calm

When your baby won't stop crying, it's normal to get frustrated and angry.

Try managing your anger by gently putting your baby down in a safe place, like the crib, and:

- taking some deep breaths and counting to 10
- leaving the room for a few minutes and crying into a pillow or running on the spot
- calling a friend or relative to ask for help
- waiting until you're calm to try comforting your baby again

Remember – letting your baby cry for a few minutes won't harm them.



### DANGER

Shaking a baby, even for a few seconds, can lead to brain damage, blindness or even death.

**Never shake your baby.** Make sure that everyone who cares for your baby learns to cope calmly with their crying.



### FAMILY STORY

I actually got out of the car and walked away from my husband and baby. The crying was just too much. But after a short break and a cry, I got back in the car. That's what parenting is all about – just doing the best you can.

### Finding Help

If you're having trouble coping with your baby's crying, try:

- talking to your partner(s) about how you can help each other
- finding someone you can call anytime if you're losing control
- asking other parents and caregivers how they coped
- speaking with your health care provider, calling HealthLink BC at 8-1-1 or visiting [dontshake.ca/](http://dontshake.ca/)



### SEEK CARE

If your baby's crying is constant or louder than usual or if they have a fever or are vomiting, contact your health care provider.