



Crying means that your baby is very upset and needs something to change now!

Crying lets you know your baby needs quick attention.

Try these tips to calm your baby:

- Hold your baby close or in skin-to-skin contact.
- Speak or sing softly to your baby using calming sounds or words.
- Rock your baby gently with a back-and-forth motion.
- Gently massage your baby's back, arms, and legs.



Call your baby's doctor if you think your baby is crying too much.



ALSO IN THIS SERIES:
Baby Behavior Feeding
Baby Behavior Sleep
Sleep Surface
Sleep Training

Let's Talk - Baby Behavior Crying

Crying is normal for infants, but understandably hard on parents.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

What are some ways for me to stop my baby's crying?

Babies will use cues or signs to try to let their parents know what they need before they start to cry. But those cues might be hard to understand when you are first learning to care for your baby. If your baby is crying and you do not understand their cues, you might try to burp your baby to relieve any pain caused by gas.

You can also calm your baby with skin-to-skin contact, a diaper change, rocking, giving baby a massage, or taking your baby for a walk in a carrier such as a sling or stroller



Does crying mean my baby is hungry?

Babies cry when they are upset which can be caused by many different things. If feeding cues are missed, your baby may become upset and begin to cry.

If your baby is crying and using hunger cues, it's best to feed your baby after calming them down. If your baby was recently fed, a good rule of thumb is to check for other reasons your baby may be crying **FIRST**, before feeding.

It is common for younger babies to cry off and on for up to two hours a day. They are still learning how to use cues. They also need to get used to the world around them. Babies tend to cry less as they get older.

I am worried my baby cries too much, what should I do?

Some babies have a harder time dealing with the world around them. These babies may cry often and for long periods of time or have a hard time calming down once they start crying. Try these things when helping to soothe your baby:

- Go to a quiet room with a small amount of light.
- Rock your baby gently with a repetitive motion.
- Play soft music or white noise.

Try different things to see what your baby prefers. Pay close attention to your baby's cue(s) to learn what might be causing the crying. Most babies stop routine crying as they get older. Talk to your baby's doctor if you are worried about how much they cry.

Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:
dshs.texas.gov/SafeInfantSleep