My Baby is Crying, How Can I Help?

If my baby is crying, does that mean he/she is hungry?

[________ Yes] [_______ No] [____ X____ Maybe]

List some reasons your baby might be crying.

- wet or dirty diaper, sick, hungry, overwhelmed by loud noises or bright lights, wants to be near you, too hot or too cold, etc.

List some ideas for soothing your crying baby.

- holding, rocking, speaking softly, reducing noise, dimming lights, patting her back, singing or humming to her, etc.

If my baby is crying, will I spoil him/her if I pick him/her up?

[_________ Yes] [____ X____ No]

My baby will cry less as he/she gets [older] .

We hope you have learned a little bit more about why your baby might cry and how you might help.

What is one thing you will try to do with your baby, based on what you learned today? Write your answer below.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Did you know?

- 80% of babies are born with some form of birthmark.
- At about 6 months babies double their birth weight. By one year most babies have tripled their birth weight.