How to Better Understand Your Baby

It can be hard to know what your baby is trying to communicate to you when he/she can’t talk!! But, your baby can tell you what he is thinking or feeling with his noises and body movements. You and your baby will soon develop your own special language that you use to communicate with each other.

Clues to Why Babies Cry

♦ Hearing your baby cry can be stressful!
♦ Some parents find it easier when they understand why their baby cries.
♦ Babies cry to get our attention.
♦ There are many reasons babies cry. Our job is to figure out what they need.
♦ Babies use their bodies and noises to tell us what they need – We call these ‘baby cues.’
♦ By watching for these cues and trying to understand what your baby is telling you, you may be able to prevent your baby from crying as often.

Adapted from the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study.