Tips for Parents

Your baby may cry when she needs something to be different. When your baby cries it may not mean she is hungry. Your baby may be telling you she needs a diaper change, needs a break, is too hot or too cold, is startled by a loud noise or just wants to be held. It will not “spoil” your baby to hold her.

The average 6 week old baby cries a total of about 2 hours per 24 hour day. Crying helps keep your baby safe by telling you she needs something. A baby’s cry is supposed to be irritating to us. It is nature’s way to get us to notice a baby and figure out what the baby needs.

If you become frustrated or angry, never shake your baby. Place your baby on her back in a safe place and walk away for a few minutes. Or ask someone to be with your baby for a little while. Shaking a baby can cause injuries.

The good news is that your baby will cry less as she gets older. And there are ways that you can soothe your baby when it seems that you have tried everything and your baby is still crying. You can hold your baby close and speak softly or sing to your baby. You can rock your baby or pat her on the back. Whatever you choose to try, keep doing the same thing for several minutes. Your baby needs to feel the same thing repeated for a little while in order to calm down.