

Coping with a Crying Baby

*Taking care of a crying baby
can be frustrating and
irritating, but remember,
crying is the only way a baby
has to communicate.*

*The baby is not trying to
make your life miserable; he
or she is just trying to inform
you of a need.*



**Prevent Child Abuse
Rhode Island**

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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.



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When a baby in your care won't stop crying, try some of the following coping strategies:

- ♥ Meet the baby's basic needs: feed, change, make comfortable, etc.
- ♥ Check for signs of illness, like a fever or swollen gums. If signs are present call your physician or administer proper care based on the symptoms.
- ♥ Rock, walk or dance with the baby.
- ♥ Take the baby for a ride in a stroller, or in a car seat in the car.
- ♥ Put the baby in a wind-up swing.
- ♥ Swaddle the baby snugly in a soft, warm blanket.

- ♥ Check to make sure that clothing is not too tight, or that fingers or toes are not bent.
- ♥ If you are frustrated and need a break, put the baby in a playpen or crib, go to another part of the house and do something to calm down.
- ♥ Turn up the music on the stereo, run the vacuum, turn on the dryer, or let water run in the tub for a few minutes; babies enjoy consistent, rhythmic noise.
- ♥ Sing or quietly talk to the baby.
- ♥ Offer the baby a noisy toy; shake or rattle it.
- ♥ Lay the baby tummy down across your lap and gently rub or pat his or her back.
- ♥ Put the baby in a soft front carrier close to your body

and breathe slowly and calmly; the baby may feel your calmness and become quiet.

- ♥ Give the baby a pacifier.
- ♥ Try giving the baby a bath; the warm water might be calming.
- ♥ Massage the baby's body and limbs gently or tickle soft circles on their face.
- ♥ Call a friend or relative you trust to take over for a while, then get away, get some rest and take care of yourself.
- ♥ If nothing works, put the baby on his or her back in the crib, close the door and turn up the TV or radio. Check on the baby every 10-15 minutes.