Tips for Coping with Your Crying Baby

It may take a while for your baby to calm down when she is crying. This can be very frustrating for caregivers.

- Ask a friend or family member to give you a break by helping with your baby.
- If you start to feel angry or overwhelmed, lay your baby down in a safe place for a few minutes and take a break.
- Remember, babies cry less and less as they get older.
- Contact WIC or your doctor if you think your baby is crying too much.

Adapted from the California WIC Program in collaboration with UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study
By crying, your baby may be telling you...

I need something to be different
I need my diaper changed
I need to be close to you
I am too hot or too cold
I need some quiet time
I need to be burped
I might be sick
I am hungry
I am afraid
I am tired

Steps to Calm Your Crying Baby

Babies use crying as a way to communicate many different things. They use crying to tell caregivers that they need help. When your baby is crying:

1. **Try to Figure Out the Reason for Crying**
   - In need of a diaper change?
   - Too hot or too cold?
   - Overwhelmed?
   - Tired?
   - Hungry?
   - Uncomfortable?

2. **Hold Your Baby Close to You**

3. **Repeat the Same Action Over and Over**
   - Speaking or singing softly
   - Gently rocking, swaying or bouncing your baby
   - Gently massaging her back, arms, and legs

Remember to be patient. Calming your baby takes time. Sticking with the same action for several minutes before trying something different can be the secret to success. If your baby continues to cry or becomes more upset, try one of the other suggestions listed above.