

All babies cry, it is a survival instinct to bring help and support to them immediately. Crying is intended to stress you so you will notice and attend to babies needs. Babies never cry to annoy you. They are not being "naughty", they need support from you to help sort out their needs.

It is impossible to spoil a newborn baby. The quicker you respond to the crying, the more secure and confident your baby will be, as they learn consistency, confidence and knowledge that their needs will be met by you. The main reason that a newborn cries is usually, initially, for hunger and for reassurance from you.

Reasons for crying

- Hunger
- Reassurance
- Too little physical loving contact
- Too hot or cold
- Needs nappy change
- Anxiety
- Over stimulated
- Bored
- Illness
- Sometimes seems no obvious reason

Long periods of crying are not good for your baby. Stress hormones are produced which affect brain development. the higher the levels the longer it takes for baby to settle and be calm.

Some babies cry more often and easily than others and are more difficult to console.

Managing Crying

- Try to have a routine to manage crying - it helps.
- React quickly when baby cries - this prevents baby getting more upset.
- Try to work out what babies cry means - with experiment you will soon know the difference between a 'tired' cry and a 'hungry' cry.
- Make baby comfortable.
- Check nappy - use barrier cream if bottom is sore.
- Too hot/cold? - A cold drink of water or more clothing or blankets may help settle a baby.
- Check babies position - is he/she comfortable.

Help baby relax by:

1. Staying calm yourself - you can pass your own stress onto baby.
2. Avoid over stimulating your baby with a very busy noisy environment.
3. Gently pat or rub babies back whilst holding baby upright on your chest.
4. Sing or talk to your baby.
5. User lower lights and gentle music.
6. Use rhythmical rocking movements.
7. Give baby a warm, relaxing bath.
8. Take baby out in pram.

How to Manage Persistent Crying

- Put baby in a safe place.
- Quieten the area down, turn off TV and radio.
- Help yourself to stay calm by deep breaths, get some fresh air.
- Take baby out in pram to friends or support person.
- Check on baby after a few minutes - remember baby will eventually stop.