

Why Do Babies Cry?



Crying is an important way that your baby communicates to you before he/she can speak. Figuring out crying can be difficult – here are some suggestions:

Possible Reason	What to do...
Hunger	Feed baby. Baby may be hungrier on some days. Offer the breast often if that helps to soothe baby.
Need to be close to people, touched, picked up, held, rocked	Hold, rock, massage, dance with baby in your arms, sit together on bouncing ball or rocking chair, talk and sing to baby. Take off shirt and hold baby skin to skin. Take bath with baby. Go for walk with baby in your arms in sling or in stroller. Lie down beside baby while you nurse, massage, gently touch or talk to baby. Let someone else hold baby.
Pain or Discomfort	Pick up baby, comfort, change diaper, burp or rub baby's back. Changing baby's position may help.
Too Hot/Too Cold	Babies should be dressed as warmly as you are – plus one more layer. Baby should not be cool to the touch.
Tired or Over Stimulated	Swaddle baby with a light blanket, turn lights off, keep surroundings quiet. Rocking baby gently can be soothing for both of you.
Needs a Change	Read, play, talk, sing, hold baby every day. Change rooms so baby can look at different things.
“Just Unknown”	Hold, rock, talk, walk, sing, bathe baby, swaddle, massage, offer the breast, or try soothing music. Try to comfort the baby, giving time for baby to respond to each thing you do.
Illness	If your baby's cry sounds different to you or baby cannot be soothed after trying everything, see your doctor or call: Telehealth Ontario 1-866-797-0000



Life Span Adaptation Projects
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