

## Why do babies cry?

Crying is how baby communicates with you and the world around them. Sometimes they are telling you there is something wrong. Sometimes they just need your attention and love.

A baby can cry for a long time even when there is nothing wrong. This does not mean baby is naughty. Babies cry for all kinds of reasons. This can be frustrating for caregivers.

## Common Reasons Why Babies Cry

- Hungry
- Tired
- Discomfort, such as a dirty nappy, too hot or cold, or pain,
- Overfed
- Over stimulated
- Lonely

## Be patient

Often, you won't be able to find a reason for your baby crying. Sometimes, there is a reason, so consider following the checklist to see if any of these things will help to settle baby.

## Checklist

- Stay calm
- Cuddle baby – hold baby close and rock baby
- Try offering a feed again
- Change nappy if it is wet or dirty
- Ensure clothing is not too tight
- Make sure baby is not too hot or too cold.
- Burp baby (wind pain can be very uncomfortable)
- Wrap baby safely in a lightweight blanket and hold baby

- Is baby tired? Put baby down somewhere safe to sleep

## I have tried all those things and baby is still crying, now what?

- Stay calm
- Hold baby close. Massage their back. Try a sling or baby pack if you have one
- Sing, hum or talk to baby
- Give baby a warm soothing bath, or take one together. Never leave baby unattended in the bath
- Put baby in a stroller and go for a walk or in a car seat for a short drive
- If baby still won't stop crying, put baby in a safe place, leave the room, shut the door and take a break

Call a family member, friend or trusted neighbour to give you a break. Don't be embarrassed. It's okay to know when you have reached your limit. If you are worried that baby is unwell, contact your Midwife, GP or Well Child Provider

You are doing a great job by seeking help!

## Never Ever Shake a Baby!!

**A single moment when you lose control may damage your child forever.**

**Never leave your baby alone with someone you think might lose control**

## Getting help

- Friends and family members
- Your Midwife / Well Child Tamariki Ora
- Your GP / Doctor

[continued]

**For help, please contact any of the below;**

**Healthline**

Phone: 0800 611 116

**Lifeline**

Phone: 0800 543 354

**Plunketline**

Phone: 0800 933 922

**Youthline**

Phone: 0800 376 633

Free TXT 243

You can get more information from:

[www.kidshealth.org.nz](http://www.kidshealth.org.nz) (preventing Shaken baby Syndrome)

**Never, Ever, Shake a baby**

**One shake is all it takes for the consequences to last a lifetime.**

**For More Advice or Help visit**

[www.powertoprotect.net.nz](http://www.powertoprotect.net.nz) or call 0800 300 026

