

Crying in Newborns

Crying is your infant's way of communicating with you. Infants cry when they are hungry, uncomfortable, tired or cranky. For some, it may be a release of tension. Most infants have a "fussy period" which can last for several hours. Usually this starts around 2 weeks of age and occurs in the evening.

During the first few months of life it is best to respond promptly to your infant's crying. You can not "spoil" your infant by holding him/her too much. When responding to crying, it is best to address his present needs first. Make sure he/she is not hungry, wet, or uncomfortable in any way. Could there be something pinching him/her or a hair wrapped around a finger or toe?

If your baby is warm, dry, well fed and not in pain, here are some things you can try:

- Rocking in a rocking chair
- Let your baby suck on something like a pacifier-infants have a need to suck even when they are not hungry. This can serve to comfort and calm your infant.
- Lengthen feeding times
- Take the baby for a ride in the car or a walk in the stroller
- Swaddle the baby
- Change your infant's position
- A warm bath
- Play soft soothing music

If your infant is inconsolable, take his temperature. If it is 100.4 or greater, please call our office. If you have any other questions or concerns, please call us.