

## Call a doctor if your baby is difficult to console AND:

- Cries for more than 3 hours.
- Is having crying spells after 4 months old.
- Has a fever. (See Fever section)
- Is not eating.

## Call a doctor if someone shakes your baby.

- If you or another person shakes your baby, seek medical attention immediately. Call your child's doctor or go to the emergency room.
- Do not wait to call the doctor because you think you may get in trouble. Your baby could have serious injuries and it is essential that a doctor examines him.
- Be honest with your child's doctor about what happened.
- Your baby could die from shaking if he does not get medical treatment as soon as possible.



Call

## What can I do to calm a crying baby?

- Gently rock him in your arms in a rocking chair.
- Swaddle (wrap) your baby in a blanket.
- Play soft music or sing to your baby.
- Take your baby for a ride in the car (in a car seat).
- Check if he is hungry or needs burping.

Sometimes babies cry because they are uncomfortable or ill. To figure out what is wrong, try these things:

- Change your baby's diaper.
- Undress your baby and look for hairs wrapped around his fingers, toes, or penis. Hairs can wrap very tightly around your baby's body parts and act like a tourniquet, cutting off the blood supply and causing pain to the area. Call your baby's doctor if you find a hair tourniquet and remove it using only your fingers.
- Change your baby's clothes. Sometimes tags or tight clothing can be irritating and will cause a baby to cry.
- If your baby feels warm, take his temperature. (See Fever section)

**Colic:** If your baby cries for a long time and will not calm down, no matter how you try to comfort him, it may be a common condition called colic. This usually occurs in children between one month and four months old. You may notice your baby pulls his legs up to his belly or holds his legs straight out while he is crying. He may also pass gas. When your baby is not crying, he may appear fine. Colic usually stops on its own by four months of age, but it may last longer.

## Never shake a baby because he is crying.

It can be very frustrating when a baby cries and you can't figure out what is wrong. If you are having trouble staying calm with a crying baby, try one of these things:

- Call a friend or family member to help take care of the baby so you can relax.
- Take a short break from your baby for a few minutes. Let him cry in a safe place like a crib or playpen.

## The Facts:

A fussy baby who never seems to stop crying can be very frustrating. Typically, babies will cry the most often between birth and 3 months of age. If your baby is crying there are several things you can try to calm him down.