

# Crying



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Crying is a way for babies to express themselves and to communicate. A healthy baby may cry for up to 2 to 3 hours a day, often at the end of the day or in the evening.

Gradually, you will come to understand which type of crying expresses hunger, pain or discomfort, for example.

In the first few months, a baby does not throw tantrums: they are too young to have this notion and aren't capable of doing so. Sometimes there may be no way to calm your baby for no apparent reason.

You can lay your baby on their back in bed, leave them in the semi-darkness and check on them regularly until they calm down.

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## Some reasons why babies cry

- Hunger
- Tiredness
- They are hot/cold
- They have a dirty nappy (diaper)
- The noise or light is bothering them
- They are badly positioned or uncomfortable
- They need to evacuate excess tension accumulated during the day before falling asleep; it is a way for them to fall sleep
- Babies need to feel secure, to be reassured and to be in contact with their loved ones

Babies can also cry for no particular reason.

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## A few tips



- Check if they are hungry, cold, or if their nappy is dirty
- Being held in their parents' arms is very reassuring and will generally work to calm down the baby
- Rocking
- Go for a walk with your baby
- Talk to them softly and sing to them
- Giving the baby a bath to help them to relax
- Massage, particularly the belly if they have gas
- Sucking can help to calm them; give them their dummy (pacifier) if they have one

Crying can be emotionally difficult to handle but gradually you will learn to understand your baby's needs.

Crying can quickly disrupt family dynamics, so talk to an early childhood professional if you need help.



## Important

If your baby's crying becomes unbearable:

- Do not shout and above all do not shake your baby, this can be very dangerous for them
- Place your child comfortably in bed
- Leave the room
- Call someone you trust (family, neighbours, friends...)

## Important

If your baby's crying seems excessive or different from their usual crying:

- Call your midwife, the early childhood nurse or your paediatrician
- Call the medical hotline on 0848 133 133
- Take your child to hospital



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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