

## Why your baby might cry

### Is your baby:

- Hungry?
- Tired?
- Needing to burp?
- Overwhelmed?
- Needing their diaper changed?
- Uncomfortable?
- Not feeling well?

## Soothing tips

- Take your baby for a walk or ride in the car.
- Hold your baby close to you with skin-to-skin contact.
- Walk and sing with your baby.
- Give your baby a warm bath.

Write in your own ideas:

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**Even when you've tried everything, sometimes your baby will cry no matter what you do.**

This is normal and you are still a good parent.



- Tell everyone who might care for your baby about the possible increase in crying.
- Tell them infant crying is normal and can be frustrating.
- Talk about the dangers of shaking a baby.
- Tell them it is OK to put the baby down safely and take a break.
- Tell them it is OK to call you if they are worried or if it is too frustrating.



Protection, Advocacy & Outreach Program  
**(206) 987-3400**

[www.seattlechildrens.org/cryinghelp](http://www.seattlechildrens.org/cryinghelp)



The Family Help Line offers parent coaching and information, referrals to community services and parent support.

**1-800-932-HOPE (4673)**, toll-free in WA State.  
[www.parenttrust.org](http://www.parenttrust.org)



Strengthening Families  
Washington State Department of Early Learning  
Children's Trust Fund of Washington

<https://del.wa.gov/development/strengthening/shakenbaby.aspx>

To preview or order copies of the Have a Plan video series for new parents, visit:  
[www.parenttrust.org/web-store/videos/](http://www.parenttrust.org/web-store/videos/)

To learn more about the Period of PURPLE Crying, visit: [www.purplecrying.info](http://www.purplecrying.info)

No matter what,  
**NEVER SHAKE A BABY.**

# Crying Can Be Frustrating!

HAVE  
A PLAN



And, no matter what,  
**NEVER SHAKE A BABY.**

## Is your baby crying?

Are you frustrated?  
It's normal.



Healthy babies can cry a lot in the first five months of life.

It can be helpful to know:

- At about 2 weeks of age, babies start to cry more.
- The peak of crying is around 2 to 4 months of age.
- Babies can still be healthy even if they cry up to 5 hours a day.
- There will be times you won't be able to soothe your baby.
- This period of increased crying will end.

**Have your baby checked by your doctor if you are worried.**

No matter what,  
**NEVER SHAKE A BABY.**



All babies cry... it's normal.

A crying baby can be very stressful.

A plan may help you stay calm if you've tried everything and your baby is still crying.

Take care of yourself so you can take care of your baby.

### Which of these calming activities will be part of your plan?

- Breathe.** Take some deep breaths to help reduce feelings of anger and tension.
- The 10-foot rule.** Gently lay your baby down on his or her back in a safe place and walk 10 feet away until you are calm.
- Talk to someone.** Call a friend or relative who will listen and be caring.
- Listen to music.** Put on soothing music to calm yourself or your baby.
- Learn more** about this phase in your baby's life. Go to [www.purplecrying.info](http://www.purplecrying.info).



If you need help, call:  
**Parent Trust Family Help Line**  
1-800-932-HOPE (4673)

If you are at a breaking point, call:  
**911**

## Why shaking a baby is so dangerous

1. Adults are much bigger and stronger than babies.
2. Babies have weak neck muscles and their brains are still developing.
3. If shaken, a baby's brain bounces around inside the skull causing severe bleeding and swelling.

### Signs a baby may have been shaken:

- **Trouble sucking or swallowing**
- **Decreased appetite**
- **Trouble sleeping**
- **Increased fussing or irritability**
- **Difficult to wake**
- **Vomiting**



If you think that your baby has been shaken, don't wait.  
**Call 911.**