

Understanding your baby's crying

The Period of **PURPLE** Crying

explains normal infant crying. Here is what to expect:

P eak	Your baby will cry the most in the first couple of months.
U nexpected	The crying can come and go and you may not know why.
R esists soothing	Your baby may keep crying no matter what you do.
P ain	Your baby may seem to be in pain, even when they are not.
L ong-lasting	The crying may last for 5 hours a day or more.
E vening	Your baby may cry more in the late afternoon or evening.

“Period” means your baby’s crying has a beginning and an end. After 2 months, your baby will begin to cry less each week.

Do all babies cry?

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

How can I soothe my baby?

- Check to see if your baby is hungry, tired or needs their diaper changed.
- Change their position.
- Offer a pacifier, bottle or breastfeed.
- Hold your baby close to you with skin-to-skin contact.
- Rock or move them gently.
- Sing to your baby.
- Give your baby a warm bath.
- Take your baby outside for a walk.
- Play music.
- Avoid overstimulation
- Run white noise.



Does soothing always work?

No. Some things work some of the time, but nothing works all of the time and this is normal. Some soothing activities can help prevent crying if they are done before your baby cries rather than just in response to their crying.

Is it normal to feel frustrated?

Yes, it is normal. Crying can be frustrating because:

- Your baby cries more than you expected. Remind yourself that it is normal for babies to cry a lot.
- This is harder than you thought. Reassure yourself that these are normal feelings.
- You may feel like you are a bad parent or that you are doing something wrong. Do not take the crying personally, it is normal for babies to cry unconsolably.
- You may be tired and feel guilty that you can't take care of your baby. Parenting a young baby is hard work and often gets easier with practice.

No matter how frustrated you get, never shake your baby.

How do I keep my baby safe?

- **Never have your baby in your arms when you start to feel resentful.**
- **Put your baby in a safe place and walk away.** The best thing you can do for your baby is to get away from them for a little while and calm yourself. This does not mean you are a bad parent. It only means you are normal.
- Ask your partner, a relative or friend if they could help with the baby for a short time.
- Call the Child Help Hotline at 1-800-4-a-child. A trained counselor can help you deal with your infant's crying. They are open 24 hours a day, every day.
- Check with your doctor if you are worried there is something wrong that is causing your baby to cry.
- Consider who you allow to care for your baby. Avoid caregivers who may be likely to get frustrated or overwhelmed easily when your baby cries.
- Share what you know about the **Period of PURPLE Crying** program with anyone who cares for your baby.
- Learn more about infant crying at purplecrying.info or seattlechildrens.org/cryinghelp