



DID YOU KNOW YOUR BABY WOULD CRY LIKE THIS?

Infant crying is normal, and healthy babies can cry a lot in their first five months of life. Babies start to cry more frequently beginning at 2 weeks of age. Crying may continue to increase and reach its peak when most babies are 2 months old. Some babies cry for one to two hours a day and others can cry up to six hours a day.

HOW CAN I SOOTHE MY BABY?

These comforting methods can sometimes soothe a crying baby:

- Hold your baby close to you with skin-to-skin contact.
- Walk and sing to your baby.
- Give your baby a warm bath.
- Take your baby outside for a walk.
- Check to see if your baby is hungry, tired or needs to be changed.

DOES SOOTHING ALWAYS WORK?

No. Soothing doesn't always stop your baby's crying. If you feel frustrated:

- Put your baby down in a safe place and walk away. Take a few minutes to calm down and then go back to check on your baby.
- Reach out to a trusted family member or friend for support.
- No matter how frustrated you get, never shake your baby.

IS IT NORMAL TO FEEL FRUSTRATED?

Feeling angry or upset is normal. However, what you do with your anger is important. Take a break from the crying and take care of yourself. Crying is frustrating because you may feel:

- Your baby cries more than you expected.
- This is harder than you thought.
- Like you are a bad parent or that you are doing something wrong.
- Tired and guilty that you can't take care of your baby.
- Like a failure.

WHERE CAN I FIND HELP?

- Ask your doctor if you are worried there is something wrong that is causing your baby to cry.
- Talk with your nurse about the *Period of PURPLE Crying*® program. Review the booklet and app you received from the hospital.
- Go to PURPLECrying.info for more information about infant crying.

REMEMBER, NEVER SHAKE OR HURT YOUR BABY.



Kansas Children's Service League



Prevent Child Abuse
Kansas

A chapter of Prevent Child Abuse America

KCSL.ORG

REMEMBER TO STAY CALM



It's okay to feel frustrated. It's what you do when you're frustrated that makes a difference. Take a break. Never shake a baby. Your baby may cry...

- for several hours per day.
- more often in the afternoon and evening.
- more each day until your baby is 3-5 months old.
- and not stop no matter what you try.

If you are worried something is wrong with your baby, talk to your doctor.

ABOUT PERIOD OF PURPLE CRYING®

The *Period of PURPLE Crying*® is a research-based education program developed by the National Center on Shaken Baby Syndrome. Program materials include a booklet with app or DVD (available in multiple languages), that includes a 10-minute video on crying and a 17-minute video on soothing to help you understand why your baby cries and how to comfort your baby.

THE LETTERS IN PURPLE STAND FOR

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| P | U | R | P | L | E |
| PEAK OF CRYING | UNEXPECTED | RESISTS SOOTHING | PAIN-LIKE FACE | LONG LASTING | EVENING |
| Your baby may cry more each week, the most in month 2, then less in months 3-5 | Crying can come and go and you don't know why. | Your baby may not stop crying no matter what you try. | A crying baby may look like they are in pain, even when they are not. | Crying can last as much as 5 hours a day, or more. | Your baby may cry more in the late afternoon and evening. |

THE WORD PERIOD MEANS THAT THE CRYING HAS A BEGINNING AND AN END

Curves of Early Infant Crying 2 Weeks to 4 - 5 Months

