Steps to Calm Your Crying Baby

Babies use crying as a way to communicate many different things. They use crying to tell you that they need your help. When your baby is crying:

1. **Try to Figure Out the Reason for Crying**

For example, is she:

- In need of a diaper change?
- Too hot or too cold?
- Overwhelmed?
- Tired?
- Hungry?
- Uncomfortable?

There may be times when you’ve checked everything and your baby still cries. When this happens:

2. **Hold Your Baby Close to You**

3. **Repeat the Same Action Over and Over**

You might try one of the following:

- Speaking or singing softly
- Gently rocking, swaying or bouncing your baby
- Gently massaging her back, arms, and legs

Calming your baby takes time. Sticking with the same action for several minutes before trying something different can be the secret to success. Be patient. If your baby continues to cry or becomes more upset, try one of the other suggestions listed above.

California WIC Program, California Department of Public Health
This institution is an equal opportunity provider.
In collaboration with UC Davis Human Lactation Center
Source: “Getting to Know Your Baby: Birth to 6 Months”, page 18, 3/12