Crying…It’s what babies do! Some do it too well!

It is normal for babies to cry - sometimes for 3 or more hours a day.

Babies usually cry more often in the evening.

Crying may come and go for no reason.

Crying is not a health problem, unless someone gets angry at the child and hurts him/her.

Crying slows down after 3 or 4 months in most children.

Things to check:
- Is your baby hungry?
- Is your baby in pain?
- Does your baby need a diaper change?
- Does your baby want to be held?
- Is your baby sick?

If none of that seems to be the problem:
- Relax - your baby will be okay.
- Have someone else watch your baby for a while if it is bothering you too much.
- Put your baby down in a safe place and go to the next room. Check on your baby every 10 minutes to see if there is anything you can do, but if not, your baby will be okay.
- Exercise.
- Listen to music.
- Call a friend, relative or 2-1-1.
- Call your doctor if you have questions.

Don’t give up. It gets better!

Crying lasts for hours, shaking lasts for a lifetime. Stay calm, get help.

Call 2-1-1 for more information.