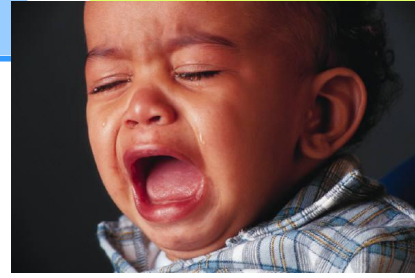


CRYING

Crying is the only way that a baby can communicate his or her needs. The baby's cries are not meant to make their parents angry or frustrated. They are not telling you that you're a bad parent or trying to ruin your day or night. If you know that babies cry, sometimes a lot, it can make it much easier to get through the difficult times.



Infant crying usually begins to increase at 2 weeks of age, peaks around 2 months and gradually starts to decrease after that. Crying, even a lot of crying, is normal. Some babies may have bouts of a half-hour or more, totaling 2 to 3 hours a day.

Parents can not predict when are how much their babies will cry. Crying often happens for no clear reason. Some babies seem to cry more during certain times of the day, such as late afternoon or early evening.

A baby's incessant crying can be very challenging and can result in high levels of stress. Learning about infant soothing techniques that help calm babies and about ways adults can take care of themselves when infant soothing doesn't work are important steps in coping with infant crying and preventing Shaken Baby Syndrome and other injuries.

Babies cry for various reasons which might include wanting food, comfort, warmth, to be held, rest, illness, or just because they can.



Learn more about soothing babies through Prevent Child Abuse Illinois' *Happiest Baby on the Block* program.

Prevent Child Abuse Illinois
www.preventchildabuseillinois.org

