

INFANT CRYING

Learn about infant crying and how you and others caring for your infant can stay calm when your infant cries.

Crying

- Crying is a normal part of your infant's development and their primary form of communicating with you.
- Through crying, your infant is learning how to get their needs met.
- Your infant may cry for two to three hours every day.
- Your infant may cry for many reasons (hungry, tired, wet diaper, etc.).
- Each time you are responsive to your infant's cries and needs, showing them love and care, they feel understood and learn about the two-way nature of communication.

Period of PURPLE Crying

- At about two weeks of age through 3-4 months of age, your infant may cry even when all their needs are met.¹
- During this time, your attempts to soothe them may not seem to work.
- This period of crying is a normal part of your infant's development.

Things I Can Do to Calm My Crying Infant²

Feeding	Swaddling	Singing
Burping	Rocking	Cuddling
Walking Around	Changing Diaper	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

1 Burr, R.G. (nd). What is the Period of PURPLE Crying? [Video]. Retrieved from <http://purplecrying.info/what-is-the-period-of-purple-crying.php>

2 Period of PURPLE Crying. (2020). Ten Tips to Soothe your Crying Infant. Retrieved from <http://www.purplecrying.info/sub-pages/soothing/ten-tips-to-soothe-your-crying-infant.php>



Feeling Frustrated?

- Sometimes, despite your best efforts to respond to your infant's needs and comfort and calm them, they may continue to cry.
- This can be difficult and lead to feelings of being exhausted, overwhelmed, frustrated, and even angry.
- Managing these feelings in healthy ways is essential to growing a healthy parent-child relationship and providing safety and stability for your infant.

Staying Calm

- Develop a plan for staying calm and share it with others caring for your infant. Ask them to develop a plan too.
- Recognize your signs of exhaustion, frustration, and anger.
- Identify activities that help you stay calm.
- Designate a break space.
- It is okay to put your crying infant safely in their crib or a safe place like their infant rocker and leave the room to calm down.
- Stay within hearing distance of your infant or remember to take the baby monitor with you.
- Create a list of people to reach out to for support.
- Text "mt" to 741-741 or call 1-800-4-A-CHILD to speak to and receive assistance from a counselor.

Things I Can Do to Stay Calm

Deep Breathing

Moving Your Body

Calming Music

Taking a Break

Reaching out for Support

People I Can Reach Out to for Support

Name _____ Phone _____

Name _____ Phone _____

Pediatrician _____ Phone _____

**Learn about all this and more by visiting
ParentingMontana.org**



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