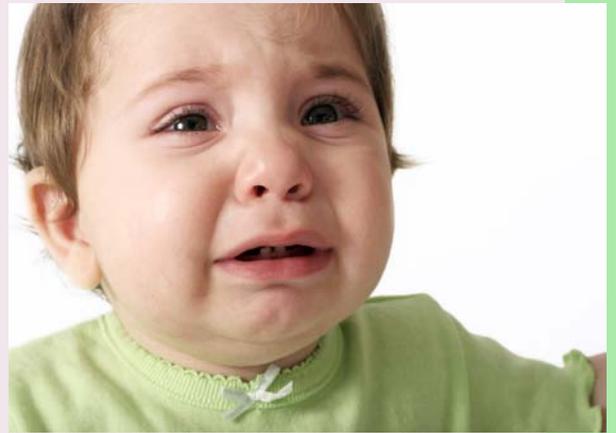


Babies Crying



No one likes to hear a baby cry. Little babies cry a lot. Older babies do not cry as much. Babies cry so that adults will know they need help.



Why do babies cry?

Babies cry for a lot of reasons. Try to figure out why your baby is crying. Maybe the baby's diaper is dirty or wet. Maybe the baby is hungry. Hungry babies will try to suck or put their hand to their mouth.

Babies cry for a lot of reasons. Giving babies food is not always what they need.

Babies don't like a lot of noise. Your baby might cry if it is too loud. Babies also cry if they are hurt. Make sure your baby is not hurt.



Crying is no fun!



All babies cry. It is not fun to hear a crying baby. Here are some ideas to help!

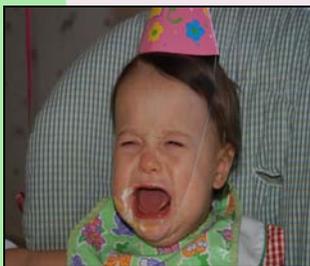
* Sometimes babies need time to calm down. It is hard to hear your baby cry. It will stop.

* Babies love songs. Try to sing your baby a quiet song over and over to make her stop crying.

* Your baby wants to be near you! Hold your baby close and rub his back.

* Do not get mad. If you feel mad at your baby put her down in a safe place.

* If you are worried that your baby is crying too much, ask someone at WIC. They are here to help!



Never shake your baby!