

## CRYING INFANTS GUIDE

When infants are crying:

1. Remember, they are too young to understand requests.
2. Make up your mind that you are there to help the baby, not necessarily to stop the baby from crying.
3. Just because it is night does not mean the baby turns off or switches to your schedule.
4. Check to make certain the baby's basic needs are met:
  - a. Is the baby hungry?
  - b. Does the baby need to be burped?
  - c. Is the baby's diaper wet or dirty?
  - d. Is the baby's clothing comfortable?
  - e. Is the baby crying to release stress?
  - f. Does the baby want to be held?
  - g. Is the room too warm or too hot?
  - h. Is the lighting appropriate for the baby?
5. Is the baby ill?
  - a. Does the baby have a temperature?
  - b. Are the baby's gums swollen or red due to teething?
  - c. Are the baby's ears warm to the touch, or is there drainage?
  - d. Is the baby vomiting?
  - e. Does the baby have diarrhea?
  - f. Could the baby have allergies?
6. Could the baby have colic?
  - a. Does the baby pull his/her legs up to the stomach and release them in jerking motions?
  - b. If the baby is breast fed, has the mother eaten something to upset the baby (onions, garlic, broccoli, cauliflower, lettuce, high intake of dairy products)?
  - c. Is the baby eating the correct formula?
  - d. Is it time to introduce solid food into the baby's diet?

When caregivers are tired:

1. They are at high risk for losing control.
2. It is natural to feel frustrated when crying occurs.
3. When the baby is crying, choosing options for dealing with the crying are not easy to see or think of, so plan what you will do to keep from losing control before you are faced with the situation.