

## NOT WHAT I EXPECTED ...

You were eagerly looking forward to your baby being born, but a few things might have turned out differently than you expected. Your baby is healthy and there's nothing wrong with it but it cries and cries.

Stay calm. It's not your baby's fault that it is crying so much.

## WHY BABIES CRY

All babies cry during the first few months of life – some more than others. Extended and frequent crying can be normal. In the second and third month of life, healthy infants may be crying for two to three hours per day, especially in the evenings. They are not yet able to express their needs any other way. Crying is an infant's only way of showing that there is something wrong.

 Babies cry because they

- are tired or hungry
- are too hot or too cold
- need a fresh nappy
- need peace and quiet
- want to be close to their mother or father
- want to cuddle
- and many other reasons ...

## WHAT HELPS...

You have fed your child and changed its nappy, but it is still crying. Why?

Calmly try the following things:

- Gently rock your baby in your arms.
- Sing a song.
- Gently massage its tummy and back.
- Go for a walk with your baby.

Some babies also cry for no apparent reason. But, your baby never cries to annoy you!

- Even if you find it difficult: the calmer you can stay, the easier it is for your child to relax. Take turns looking after the baby so that you get rest periods for yourself.

## YOUR BABY IS STILL CRYING?

The relentless crying of a baby can be very stressful for parents, especially if all attempts to settle the baby fail. It may be that you get desperate, and angry.

Is your baby's crying stressing you out? Remember:

**It's not your baby's fault that it is crying. It is not crying to annoy you.**

**Never shake your baby!**

## BEING STRONG – STAYING IN CONTROL

Are you noticing that you are losing control? Proceed as follows:

1. Lay your baby down in a safe place, e.g. in a cot or on the floor.
2. Leave the room.
3. Take a deep breath.
4. Check on your child every few minutes.
5. Seek support if needed.

Good to know: the crying phase will pass. It usually does from around month four.



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