

# CAUSES OF CRYING IN BABIES

Babies cry as a way of expressing themselves. While caring for your baby, you will come to understand the different cries your baby makes e.g. tired cry. When your baby does cry, it is important that you remain calm and speak to your baby in a soothing voice as babies pick up on stressing your voice and in your actions.

## Hunger

- Did your baby feed well at the last feed?
- Your baby may be experiencing a growth spurt where frequent feeds are necessary for 1-2 days
- If your baby wakes one to two hours after a breast feed it may be due to the fact that he/she is hungry

## Wind

- Some babies required more frequent burping during and after a feed
- There may have been a bubble of wind that made your baby feel full at feed time but hungry when burped
- Babies swallow more air when crying so burping may be required during a crying spell

## Nappies

- A wet or dirty nappy may cause your baby to be cold or their skin irritated.

## Clothing

- Check your baby's clothing for anything that may cause discomfort
- Check that the nappy is not too tight
- Some seam and tags on clothes are scratchy
- Plastic pants may irritate and chaff baby's legs

## Warmth

- Check that your baby is warm enough, but not too warm. Feel your baby's chest or tummy to assess skin warmth. By checking these areas, your baby's skin should feel warm even if his/her hands and feet are cool.
- Dress your baby as you are dressed, with an added blanket.
- Babies who are over dressed rarely sweat but will cry due to discomfort.

## Over stimulation

- Too many visitors cuddling and holding your baby, or too much noise in your home may be over stimulating to your baby.
- Going out frequently can overstimulate your baby. Your baby will settle better if a good routine is established.
- A quiet environment, rocking or just being left to work off excess tension may be necessary for your baby.
- Your baby will show when he/she is tired by being grizzly, having jerky movements and making facial grimaces.

If your baby continues to cry incessantly and despite considering all of the issues described above, you are unable to settle them or you are very concerned, please seek medical advice from your GP or the Emergency Department.