

Parenting Tools:

- Crying -



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Parenting Tools: *Crying*

There is one thing for sure, all babies cry. The difficult thing is trying to figure out why they are crying. The fussiness may be because the baby is hungry, has a stomachache, is in an uncomfortable position, or just needs some attention. Usually by the end of the third month, most parents become quite good at understanding their baby's crying language. There may be a different tone or volume level that will clue you in on what they need or want. Sometimes babies cry just for the sake of crying, it is their way of announcing their existence or even to help them release tension.

Should a baby be picked up every time it cries? No, only if their cry is to communicate a need. Investigate and try to explore if a problem needs to be met. Being responsive to your baby's crying will build trust and a sense of security for your child. It is not unusual for a baby to cry itself to sleep for a short amount of time, but do not let them cry it out. (There is a difference between a baby crying to go to sleep and a child throwing a tantrum at bedtime, which will be discussed in later years.) Most babies cry in transition to going to sleep, there is no reason to pick your child up with this type of crying. However, if the crying intensifies or continues for a long period of time, by all means pick up your baby. You may want to go to them and give them soft words and a pat on the back for a few moments to see if that helps. There will be times when you are not sure whether the cry is for you or for another need. Always give your baby the benefit of the doubt. Studies have shown that babies whose parents respond quickly to their cries for attention feel more secure and consequently cry less with the passing of time.

