



*Crying  
-it's what babies do!*

## ALL Babies Cry - Some More Than Others

### Did you know?

- It is normal for babies to cry- sometimes for 2 - 4 hours a day, sometimes more.
- Babies cry most between the ages of 2 - 4 months and usually cry more in the evening.

### Tips for Coping with Crying

- Sometimes babies cry because they need something; try feeding, burping or changing your baby's diaper or outfit.
- Sometimes babies need help to calm down; try gently rocking, softly patting or singing to your baby.

### Sometimes your baby will not stop crying no matter what you do.

- To keep yourself from getting frustrated, put your baby in a safe place and then try to relax by listening to music, exercising or calling a friend.
- If you think your baby may be sick or hurt, call your doctor or 9-1-1.
- Never shake your baby; shaking your baby even once can cause permanent brain damage and even death.

**Crying last for hours - shaking lasts a lifetime. Stay calm, get help.**

For more safety tips, visit [www.ounce.org](http://www.ounce.org).

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