

# babies cry

*for many reasons, not just because they are hungry.*



Crying is your baby's way of talking to you. Your baby cries to tell you:

*I am afraid, hot or cold.*

*I want to be close to you.*

*I need to do something different.*

*I would like some quiet time.*

*I have a dirty diaper.*

*I need to be burped.*

## helpful tips

**Your baby gives you signs before crying. He may:**

- Turn or push away.
- Stretch out his fingers.
- Tighten muscles in face and body.

**To calm your baby when he is crying:**

- Hold your baby close to you.
- Watch your baby for signs of what he needs.
- Softly speak the same words or sing the same song over and over to him.
- Rock, sway or bounce your baby gently. **Never** shake your baby!
- Massage his back, arms and legs gently.

**Be patient. It could take a few minutes for your baby to calm down.** If you start to feel overwhelmed, put your baby down in a safe place for a few minutes and take a short break. Ask a friend or family member for help.



# babies *and sleep...* *what to expect.*

Babies sleep differently than adults. Some parents think their newborns should sleep all night long, which is not normal. Babies need to wake up often to grow smart and healthy.

## newborns

- Sleep most of the time.
- Fall asleep easier and wake up easier than older babies.
- Wake up 3-4 times during the night.

## older babies

- Sleep more at night and less in the daytime.
- Fall into a deep sleep sooner and are harder to wake up than newborns.
- Wake up at least 1-2 times during the night.



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