TIPS ON SOOTHING A CRYING BABY

Crying Bouts

- The number one reason parents or caregivers shake babies, causing death or severe disability, is inconsolable crying.
- Dr. Ron Barr coined the acronym "PURPLE CRYING" to remind parents/caregivers that all babies at some time have inconsolable crying bouts.

P: Peaks around two months
U: Unpredictable, often happening for no apparent reason
R: Resistant to soothing
P: Pain-like expression on baby's face
L: Long bouts, lasting 30 to 40 minutes or more
E: Evening crying is common

Meet the Infant's Basic Needs First

- Feed the baby
- Burp the baby
- Change the diaper
- Make sure clothing isn't too tight
- Make sure baby isn't too hot or too cold

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If All Else Fails ..... and You Suspect the Baby Is Ill, Has a Fever, Swollen Gums, etc, CALL A DOCTOR

- Increasing the amount of carrying, comforting, walking or talking can reduce crying by 50%. **If you feel you cannot take the crying, put the baby down in a safe place, take a break from the crying, and NEVER SHAKE A BABY!**
- Be patient, take a deep breathe and count to 10
- Call a friend or relative whom you can trust to take over for a while, then get away, get some rest, and take care of yourself

Ways to Soothe a Crying Baby

- Take the baby for a walk outside in a stroller or for a ride in the car seat
- Lower any surrounding noise and lights
- Offer the baby a noisy toy; shake or rattle it
- Hold the baby and breathe slowly and calmly; the baby may feel your calmness and become quiet
- Sing or talk to the baby in soothing tones, sit and rock
- Record a sound, like a vacuum cleaner, or hair dryer

RESOURCES

Military ONE SOURCE call 1-800-342-9647 Available 24/7

Contact your local Army Community Service or visit www.myarmylifetoo.com

National Center for Shaken Baby Syndrome: www.dontshake.com