When your baby cries

- Think of crying as a signal, NOT a statement against your parenting
- Interesting facts
    - Infant who were allowed to cry during normal times in infancy were vigorous and active problem solvers at one year of age - when presented with obstacles separating them from their parents they found a way to maneuvre around the barriers
    - Babies whose parents routinely suppressed their cries could not overcome simplest obstacles and will instead sit, whimper and wait to be rescued

Abnormal crying

- Crying during feeding
    - Milk too fast or not fast enough?
    - Latching issues?
    - Pain?
- Crying immediately after feeding (i.e. within 30 min)
    - Trapped gas (try burping)
    - Mom's diet (e.g. spicy foods)
- Crying in middle of sound nap
    - Any of above issues OR
    - Sleep schedule disrupted from previous late evening?
    - Not enough milk supply?

Normal crying

- Crying just before feeding
- Crying during the late-afternoon / early evening period (i.e. fussy time)
- Crying when going down for a nap
    - According to AAP (American academy of pediatrics) "Many babies cannot fall asleep without crying and will go to sleep more quickly if left to cry for a while. The crying should not last long if the child is truly tired."
    - Also not unusual for baby to occasionally whimper or cry soft in middle of nap (he is just going through a phase of light slumber) - > so let him fuss and even cry for a few minutes
    - AAP "some babies actually need to let off energy by crying in order to settle into sleep or rouse themselves out of it. As much as fifteen to twenty minutes of fussing will not do your child any harm. Just be sure he is not crying out of hunger or pain, or because his diaper is wet."

Cries to listen for

- High pitched piercing cry - can be signal of internal or external bodily injury
- Marked change in baby's crying pattern could be warning of illness
- Babies who routinely cry and act hungry only after 1.5 hours are probably no getting enough food

Responding to your baby's cry

- STOP and BREATHE
- Think about where your baby is in his routine
    - Is naptime finished? Middleof nap?
    - Lose a toy? Spit up?
- Listen for the type of cry
    - Sometimes it will end on its own; just listen first
- Take action
    - Sometimes best action is NO action
    - E.g. if baby is clean and fed - he needs to learn to sleep on his own
    - Take a note of how long he is crying
    - Take a peek (it may be a simple as him being jammed into a corner) - if so just resettle him and then leave the room
    - Sometimes you do need to pick him up

Source: Babywise by Robert Bucknam and Gary Ezzo (2019 edition)